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Grass Roots

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- Darwin Getaway
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- Buy a Farm
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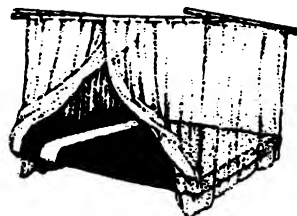
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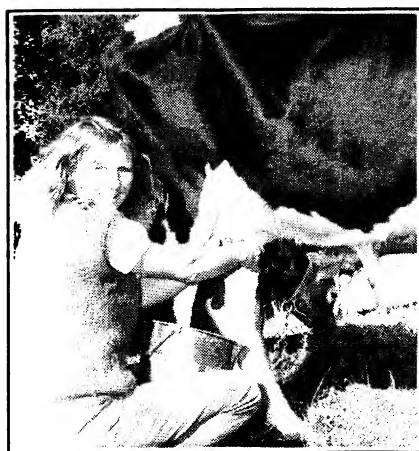
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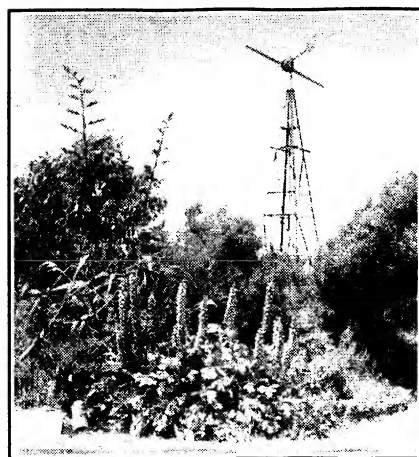
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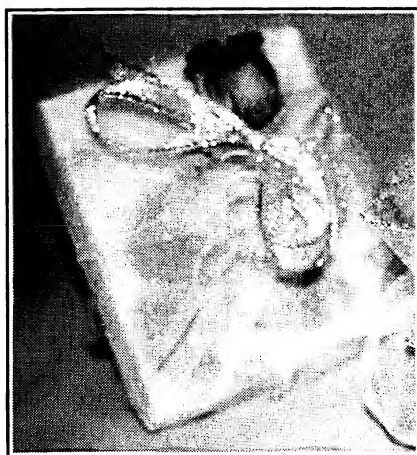
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Edited by Megg Miller and Mary Horsfall.

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GUMNUT GOSSIP

by Megg Miller.

Twenty-five years of continuous publication is a great feat for a small magazine. What makes it even greater is the fact that the early issues were done on the kitchen table and the data base stored on cards kept in a shoe box. I should also add that its proprietors were untrained and unfamiliar with publishing, and penniless to boot.

The journey to our 25th year of publication has been long and adventurous, and oft times arduous. It has been shared with many readers, an extensive team of hard-working staff and several helpful printers. The success *Grass Roots* has enjoyed has resulted from the efforts, however small, of many, many people, and we owe them all a huge thank you. Their input has been much appreciated.

The team that has laboured behind the scenes in the office has been the backbone of the magazine. Someone has to answer the phone, open the mail, wrap the orders and carry out the hundred and one tasks that are necessary in a publishing business. Our first staff commenced work when the office was just a room in the house and so were privy to my shocking housekeeping and the inadequacies of an old house. Piles of magazines were stacked along the sides of the passage and there was a risk, I recall, of the lot tumbling down if you walked on the loose floorboard. Those days seem like such a long time ago.

Gumnut Gossip in issue 20 announced the new 'office', a relocated army store from Bonegilla, near Wodonga. This allowed some demarcation between home and office and provided ample space to spread out. The more professional set-up enabled us to take on our first editor a few years later; Stephen introduced us to the Queen's English and a very high standard of grammar. We still largely work to his guidelines today.

Until issue 24, the galleys of setting we used to create the magazine were done in Essendon, and many trips were necessary driving up and down to collect them. Our first typesetting system liberated us from the travel and inconvenience, and gave us more control over our publication. When computers became available some time later, we embraced the new technology and further work roles were introduced to the office. We also encountered a problem that has affected all our computers. It seems we are unique in that our machines have an independent intelligence. 'The

machine did it,' has been a common cry since the arrival of the typesetter over fifteen years ago. Although we have renewed our technology several times since then, I still occasionally hear that the computers are flexing their intelligence.

Our team of staff have always been dedicated and hard-working, but in addition to that they have stretched the parameters of their job to cope with the emergencies that have arisen. In our time here a chook shed has been lifted onto a car during a storm, a branch of a tree has fallen through the roof and scratched the editor's shoulder, we've had jail escapees in the area, a madman on the loose, and all sorts of wildlife run amok in the office. Spiders, wasps, chooks and even a daring rat have terrorised the team at one time or another, while the trip to the loo necessitated developing defensive tactics to deter grumpy ganders and slithering snakes. There was even one occasion years ago when a goat noisily kidded under the office during work hours!

In more recent years, trees and debris or flood water over the roads have presented major problems, and for one glorious week in 1993 the office was inaccessible because so many local roads were under water. There is a story too, about a job applicant taking the wrong turn, driving into water on a flooded road and stalling the car. Desiring to look professional at the interview, the prospective worker whipped off her lower outer clothing before leaving the car to survey the predicament. She was caught out by a local farmer and despite his generous assistance, decided traversing back roads was not for her. An adventurous spirit has been a requisite for working here.

As well as being intrepid individuals, these folk have shown great preparedness to assist you, our readers, in all sorts of ways. Many kind acts have been performed, thoughtful gestures initiated from the goodness of their hearts rather than duty and aimed to bring cheer and gladness during troubled times. This has indeed been putting the spirit of GR to work. Thank you to all the amazing and wonderful people who over the years have shared the burden and the fun of producing GR. We value your individual contributions and the opening of your hearts to our loyal and occasionally incorrigible readers.

Thanks too must go to our contributors,



those special people who have shared their thoughts, knowledge and experience. Without you, of course, there would be no GR and we feel privileged to have had the degree of backing this talented body have given. There is never a shortage of material for publication, in fact we have trouble using all the articles we have accepted in a reasonable time. I can think of no other magazine that enjoys such a show of support and approval. The secret, no doubt, is that the material in GR is relevant to the lifestyles we all pursue and comes from situations we can relate to. Our heartfelt thanks go to all who have shared letters, stories and advertising with us.

I mentioned at the start too, how important the printers of GR have been in assuring our success. The printing job can make or break a magazine and we owe a debt of gratitude to the firms that have worked closely with us, Waverley Offset back in the 70s and early 80s, then Westernport, and more recently, Newsprinters. Thanks fellas.

Last, but by no means least, are our readers, the people who financially ensure the continuation of GR and who praise, guide, challenge and chastise us in the manner of well-known family members. Some of you have been with us for 25 years, others may have joined more recently, but as a result of notes, Chrissy cards, Feedback or even articles, we feel a part of your life just as you share it with each other. Thank you one and all for years of emotional and financial support.

It has been a privilege to have been able to work with good people in a happy and healthy environment and produce a magazine of the calibre of GR. I hope others have benefitted as much as I have and found within its pages friendship, information and the inspiration to fulfill their dreams. Thank you from myself and co-publisher David, for the years of support.

TOP END – TOP HOLIDAY

by Ray Taylor, Darwin North, NT.

We receive many requests each year for information about travelling around Australia, but even those of us with no immediate intention of undertaking a major trip can dream, and plan. We're sure that many readers will add the Top End to their 'must visit' list after reading this article from long-time Darwin resident, Ray Taylor. Ray's practical advice will help to set many on the right track to a safe and enjoyable Top End experience.



Nightcliff beach, within cycling distance of the city, always underutilised, a beautiful spot.

The Northern Territory attracts over 1,000,000 visitors each year. While Alice Springs and Ayers Rock might be the high-profile places that spring to mind when the Territory is mentioned, Darwin itself, offering the facilities of a large city and easy access to some of The Territory's scenic and cultural features, is a popular tourist destination. Luxury hotels abound for those whose tastes and credit cards are so inclined. Fortunately, however, so do camping areas for tourists with more grassroots inclinations and budgets. Not that a holiday in The Territory can ever really be regarded as cheap. The distance travelled (by most from down south), costs of air fares, or fuel if you drive yourself, and food, are high. Having travelled such a long way at such cost to get here, and there being no short-

age of things to see and do, I recommend prospective visitors plan on spending at least three to four weeks.

Many visitors to Darwin are retired people whose adult children have settled here. The long distance precludes frequent visits so once the older family members retire they make the journey to catch up with their children and grandchildren. On the subject of children, I don't recommend bringing young children (though many do) as the long travelling time and the heat can be too much for them. If you do plan on bringing youngsters, make allowance for frequent stops and plenty of tapes, books and travel toys to keep them amused.

The Top End is renowned for its fishing, barramundi and marlin in particular, so keen anglers from southern states, in-

deed from around the world, are attracted here for the fishing. Others just come to enjoy the reliable warm climate during their southern winter. Active, fit adults looking for an extended or working holiday should have little trouble finding employment.

WHEN TO COME

The Dry, from May to September-October, is the best time to visit Darwin. At this time you can rely on a warm, dry, sunny climate with fresh breezes, so your plans will not have to be adjusted daily according to weather conditions. October can see the start of the rains with the possibility of heavy thunderstorms. November to April is the Wet with monsoonal rain in late afternoons and over night. Although it has its attrac-

tions and many locals prefer it, the risk of cyclones and flooding can make travel problematic if not downright dangerous. The weather patterns are so predictable that outdoor events can be planned years ahead.

Whatever the time of year you can rely on heat and sunshine, so always be prepared with hats, sunscreen, protective clothing and plenty of drinking water.

PREPARATION

Read all the camping books you can find in the library, many are full of valuable hints. If you are an inexperienced camper, have a few trial runs on weekends before setting off on an extended trip. Start planning well in advance and make yourself lists of equipment you need to obtain and chores to be done. Write down everything as it occurs to you and cross it off when you have attended to it. It's too late to wish you had remembered to have the brakes checked after an accident has happened.

ON THE ROAD

Roads in the Territory are generally good, so your two-wheel-drive vehicle will take you most places you want to go. There are many picnic spots and rest areas where overnight camping is free. Roadhouses are well stocked, but expensive. Take any opportunity to talk to travellers returning from where you are headed to. They will be able to give you invaluable advice about fuel and food prices, the best places to stay, or avoid, and any gear that might come in handy.

Woolies in Katherine is a good place to stock up on food and other essentials. Katherine is a good base camp for visits to Douglas Hot Springs and Umbrawarra Gorge. Batchelor (Rum Jungle) is worth a night or two on the way to Wongi Falls in Litchfield Park. The camping area at Litchfield Park I can highly recommend; it gets a three-tick rating from me, as does Hayes Creek camp. Umbrawarra Gorge and Douglas Hot Springs score two ticks and are free (even better). Edith Falls also gets two ticks and Batchelor Camps scores one tick. No doubt there are many other fine camping areas that I haven't visited. Ask fellow travellers, they are usually only too happy to share their experiences.

Be aware of security when camping and do not leave equipment or valuable belongings on view – thefts are common.

Safe driving is a must. You are a long way from home and repairs are ex-



An ant hill over 2 metres high, located a half hour drive south of Darwin.

tremely costly. Added to this is the inconvenience of having an unwanted stay while waiting for parts to arrive from down south. Do not overload your vehicle with unnecessary weight. Leave at home tents with lots of heavy poles; a four-person tent is adequate. The weather is so predictable during the Dry that the tent will be used only for sleeping. If you have tent poles that separate, consider putting strong sticky tape around them and leaving them assembled to avoid the fiddle of assembling and dismantling at every camp site.

Before setting off ensure that your vehicle is given a thorough safety check. Check that the spare wheel is inflated and all tyres are in good condition. Change the oil. If you have space carry some 20 litre drums of fuel and refill them whenever you find petrol at a reasonable price – if you're lucky – fuel is expensive. Ask returning travellers about the best places to buy it. The drums, with a plank across them, can double as a seat when camping. Take a small tow rope.

Keep speed down; it saves fuel and is safer. Travel at night if you can. It's cooler, you can easily see approaching traffic by its lights, and I think the stars at night are much more spectacular than the daytime scenery. There are many more animals about as most are nocturnal, so night-time travel be-

comes like a safari trip. This does of course bring the danger of animals on the road, so vigilance is essential.

GEAR

No doubt there will be items that you and other family members can't travel without. Following is my list of suggestions: matches, newspaper, torch, candles, lights (check in camping shops, ask others, read camping books to decide what form is appropriate for you), some form of stove, tent and fly, old carpet to use as doormat, hearth brush, hats, sunscreen, stationery, swimming togs, cutlery, grater, towels, comfortable footwear, casual loose clothing, fire glove, socks, books, water, airbed and bedding (it's worth taking your own pillow), pump for airbed, mosquito coils, insect repellent. Optional are such items as electric toaster, radio, shaver, jug, blankets.

A dome-shaped tent copes better with wind. Bike tube elastic over the guy wires can prevent injury. Bubble foam under the tent provides extra insulation and a more comfortable night's sleep – it also folds up small when travelling.

CAMPING

There is plenty of wood on the ground in most places to use for cooking purposes. Choose carefully where you pitch your tent and face it east to get the morning sun. If you're too close to camp lights they will attract many insects. Trees can drop branches (and bird poo). Hollows could flood if it rains. You want to be reasonably close to the amenities block, but not so close that you are disturbed by constant passing traffic (and smells). Keep food secure at night as possums and dogs are on the prowl. As mentioned previously, keep equipment and personal items secure from potential thieves.

SLEEPING

A good night's sleep is important and the lack of it can ruin your holiday. Here is my suggestion for comfort when camping. Use bubble plastic under the tent floor to protect your air mattress from sharp objects, to provide extra insulation and protection from damp if it rains. Reverse your airbed so its 'pillow' is at your feet. Use your own normal pillow. Place a sheet of foam rubber three to five centimetres thick on top of the airbed, both for added comfort and to eliminate the usual airbed wobble. Use bellows or a pump to inflate the airbed as your breath holds moisture that will cause mould and reduce the life of the bed. Don't ever leave an airbed in the sun. Have a torch beside the bed. Burn a mosquito coil and squirt the inside of the tent with an aerosol insecticide about an hour before retiring.

FOOD

You don't need to take a fridge, but an Esky is very handy for carrying a few basic cold foods. Use dried food instead of fresh when you're on the road, but you'll be able to buy fresh at roadhouses – at a price. Modify your diet to suit several days between food stock-ups. Don't expect to eat feasts while camping, just aim to be satisfied and healthy. If you have any special dietary requirements you'll need to carry sufficient with you; don't depend on being able to buy anything too unusual while travelling.

Some foods I have found useful are: wholemeal bread (keeps longer), olive oil, cheese, sardines, nuts, jam, eggs, Promite, spuds (to cook in foil in the ashes of the fire), carrots. When camping I eat lots of wholemeal toast cooked over the open fire – wood is plentiful and free.

IN AND AROUND DARWIN

There are plenty of budget accommodation options including a YMCA, Youth Hostel and camping grounds. I've stayed at the Lee Point Village Resort and can recommend it. The rates are reasonable, it's close to the major shopping centre of Casuarina, a short walk to a great beach and picnic area, is spacious, clean and allows dogs (under control).

Darwin itself has many places of interest for visitors including museums, galleries, public buildings, markets, walking trails, swimming pools, the wharf precinct, and the famous Casuarina Beach with its calm water, clean sand, shady areas and playgrounds. I recommend a visit to the Mindil Beach market on Thursdays from 4 pm. Of special note here is the great variety of delicious, cheap cooked food.

There are good tourist booklets available with more details of activities and sights to see and the Darwin City Coun-

cil has produced a *Free In Darwin* booklet which is worth obtaining (details at end of article).

Howard Springs Nature Park, incorporating a spring-fed swimming pool, rainforest, wildlife including turtles and barramundi in the pool, is only twenty minutes drive from Darwin. There are picnic facilities, barbecues, restrooms and a kiosk.

Only 35 minutes by car out of Darwin, at Berry Springs, is the Lakes Resort and Caravan Park. Here you can camp or stay in a cabin. Fishing, canoeing, paddleboating and other water activities are available. There are shady grassed areas and it is a suitable family venue. It's also only a couple of kilometres from the Territory Wildlife Park, so I recommend it to those who have been brave enough to make the journey with children.

Litchfield, Kakadu and Nitmiluk National Parks are within easy driving distance of Darwin. Litchfield is a two-hour drive away and includes waterfalls, pools, huge termite mounds, monsoonal rainforest and thousands of cycads. Kakadu is Australia's largest national park, only three hours from Darwin. The spectacular topography, waterfalls, wildlife and Aboriginal art galleries should not be missed by anyone visiting the Top End. There is a range of accommodation within the park for those wanting to spend some time exploring the natural wonders that abound.

Beyond Kakadu lies Arnhem Land, home to many Aboriginal clan groups. As the land is owned by the indigenous people a permit is required to visit it, however, organised tours are available.

Also within easy range of Darwin are two important wetland areas of the Adelaide River and the Mary River, favourite venues for nature lovers and anglers alike. The Mary River in particu-

lar is renowned for its giant barramundi.

I suggest anyone wanting more information about Darwin and the Top End contact the regional tourism association mentioned below. Safe travelling and a happy holiday.

Contacts

Darwin Regional Tourism Association, Cnr Knuckey & Mitchell Streets, Darwin, NT 0800. Ph: 08-8981-4300. Fax: 08-8981-7346.

Free In Darwin booklet available from: Darwin City Council, Community Services Dept, GPO Box 84, Darwin, NT 0801. Ph: 08-8982-2622. Fax: 08-8941-0849.

Kakadu Park Centre: 08-8938-1120.

Jabiru Tourist Centre: 08-8979-2548.

Darwin City YHA, 69 Mitchell St, Darwin, NT 0800. Ph: 08-8981-3995. Fax: 08-8981-6674.

YMCA. Ph: 08-8981-8377. Fax: 08-8941-0288.



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BROWN THUMBS

by Paula Gaudry, Manly, NSW.

I've been a regular reader of *Grass Roots* for a couple of years after being loaned a copy from a very nice lady while I was living in Mendi, Papua New Guinea. I love reading everyone's stories, and it seems there are many of us who want to escape the rat race and do some real work.

My husband, Geoff, and I have been planning for years to buy ourselves a few acres when he leaves the Army. In the meantime I've done an agriculture course by correspondence and I've been reading as many books as I can. When we came back to Australia we bought a house and I quickly claimed a corner of the garden to be my own vegie patch.

In the past I've only kept house plants. Geoff teases me and says that I have a 'brown thumb' because my plants always end up dying. This time I was determined that I was going to produce something edible. How hard could it be? In Papua New Guinea the people were able to grow a plentiful supply of vegetables free of chemicals, which were



Above: Paula with her children.

Left: At a village market in PNG.



richly coloured and tasted delicious. I thought if they could do it why not me.

I prepared the soil and had it looking really good. I bought myself some punnets and I made sure to read the instructions so I could plant them just right. It wasn't long before they started to grow and I was looking forward to eating my own lettuce, beans, cucumbers, watermelon, celery and tomatoes. After a while, I don't know what happened, but my lettuces grew tall like a tree, the cucumbers and watermelon didn't flower. My celery grew to a certain height and stayed that way. I thought it may have been a dwarf species so I tasted it. Yuck! I had my tomatoes in a large pot and they

were the only things that we could eat.

Eventually, I got rid of the plants and put the soil on my flower bed. Another gardening project of mine which was also failing. The soil was teeming with worms, so I thought it might bring the flowers back to life.

Geoff and I have been posted to Sydney now and I'm thinking of making another vegetable garden. I envy all your contributors with their successes. But I'm not going to give up. There must be something I can grow. We are revising our future plans for living off the food we can produce. I don't fancy starving to death.

Congratulations on making 25 years.

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COMMUNITY SUPPORT

PREPARATION FOR VOLUNTEERS ABROAD

This is a course for people who are willing to work as volunteers on Permaculture and Seed Savers initiated projects. The course aims to help people who have knowledge in horticulture or household food production, environmental management, computers, health, nutrition, office organisation etc, to prepare themselves for useful and attentive development work.

Participants with experience in development work will be able to enhance their knowledge of village food production and high quality seed production. Participants will be assisted, if suitable, in organising a short-term position in a project while they travel overseas.

The Seed Savers Centre Office, was established in January on the outskirts of Byron Bay, two kilometres from the post office. The course will be run from there.

The dates: April 13th to 18th and also October 5th to 10th. Preparation for volunteering overseas, Seed Savers Network, Jude and Michel Fanton, Box 975, Byron bay, NSW 2481. Ph: 02-6685-6624. Email: seed save@om.com.au

NATURE NETWORK

Natural Alternatives Through Undertaking Research and Education (NATURE) aims to affect social change through education of the mainstream community on sustainable technology, development and lifestyles by showing people how to live a more low-impact, environmentally friendly way of life. We do this by publishing a bi-monthly newsletter which promotes organic and permaculture-based gardening, sustainable technologies, self-sufficiency techniques, anticonsumerism education and helpful hints to help the average city-dweller save money, live healthier and reduce their impact on our natural environment. We are involved in establishing food co-operatives and community gardens and can assist you to become involved in many community groups, mainly situated in the Brisbane area.

Membership costs are \$10 for full membership and \$7.50 for concessional per year. Schools and community group subscriptions are welcome and will be individually discussed. Please contact Stephen Walton on 07-3856-2393, or write to: PO Box 61, Clayfield 4011.



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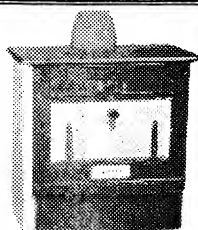
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A SUCCESS STORY USING A NATURAL DIET FOR DOGS

by Hannah Jewell, Strathalbyn, SA.

We were so-impressed with the lengths Hannah Jewell went to in order to improve her dog's health that we feel sure many readers, and their pets, will benefit from the results of her research.

I'm a 15 year old girl and live on five acres in the country. There is a lovely, largely unpolluted and unmarred river behind our property where I spend a lot of my time. I am one of eight children – there being four boys and four girls in our family. Our ages range from eight to 21 years old. At present five of us are doing home schooling and the other three have finished their home schooling.

I've been reading *Grass Roots* for a long time and love it. Nearly everyone in our household reads something from it here and there. I borrow the magazines from our local library, but I wish they had earlier issues too. I enjoy reading the articles on animals and the Feedback section especially. My sister is into making hard cheeses and is grateful to ideas from GR.

I am the owner of a two year old female Border Collie called Elsie. Several months ago she began having trouble with impacted anal glands. These are two glands situated one on each side of the rectum and contain a foul smelling liquid that is released when the dog passes a motion. If a dog's diet is incorrect and his motions are not firm they do not squeeze these glands enough. The glands quickly fill and become irritating and uncomfortable. To relieve this, the dog sits down and drags his hindquarters – 'scooting'.

It was this unnatural behaviour that first alerted me to there being something wrong with Elsie. I whisked her off to the vet and she had her glands squeezed to empty them. The vet told me that Elsie wasn't eating enough fibre and to

include leftover vegetables in her diet. At the time I had been feeding her tinned food that I noticed was giving her diarrhoea. Upon the vet's advice, I eliminated this tinned meat from her diet. I included more vegetables and went home, fully expecting that I was seeing the last of the problem.

Before long, though, Elsie scooted again, making me very puzzled. I was

in this book. The book recommends a diet researched and formulated by leading nutritional veterinarians. Here is an excerpt giving the recommended diet.

THE OPTIMAL DIET

Remember always, variety is important.

Meat

One-third to one-half the daily ration should be meat, preferably raw. Approximately one-sixth of the weekly meat ration should be organ meats – heart, kidney, gizzard, spleen, tripe. Provide fish perhaps twice a week and chicken and turkey often.

Vegetables, Fruits,

Grains

The rest of the daily ration should be grated raw carrot or other grated raw fruits and vegetables, cooked brown rice or whole grain breads or cereals, or chopped nuts.

Milk Products

Yoghurt or raw (unpasteurised) milk should be given several times a week.

Fats

One or two raw egg yolks (no whites), or soft-cooked whole eggs, per week. (Dogs in the wild are not above swiping an

egg from a bird's nest.)

Dry Dog Food (optional)

Supplement your dog's ration with one of the purer dry foods from a health-food store.

Make sure plenty of pure water is always available.

Vitamin and Mineral Supplements

Some nutritional veterinarians consider these optional for the healthy pet:

- vitamin C (in the form of sodium



feeding her a noncommercial dry food with no artificial colours or flavours, various vegetable scraps and raw carrots and meat with bones. I couldn't think what more she could need.

A month later I (very fortunately) came across a wonderful book called *Keep Your Pet Healthy The Natural Way*, by Pat Lazarus, in my local library. I read it right through and immediately decided to put Elsie on the diet outlined

ascorbate),
 • vitamin E,
 • multivitamin and mineral supplement formulated for dogs.

Optional

Veterinarians such as John E Craige, VMD, grind up apricot pits (1 teaspoon daily for a 45 kilogram dog). Apricot pits are high in vitamin B17 (laetrile), which many MDs and DVMs consider a preventative for cancer. Be sure to scale down the teaspoon dosage according to the size of your pet (one-half teaspoon for a 22 kilogram dog etc). Never increase the dosage without the express recommendation of a veterinarian experienced in the use of laetrile. The pits should not be soaked in water for any length of time, and they should not be soaked at all after they are ground. After these pits are ground, they must be refrigerated. Failure to heed these warnings may lead to the unlocking of the poison cyanide within the body.

I eased Elsie onto this diet gradually and the effects are amazing. The scooting has stopped, her coat has a shine and lustre that it had been lacking for ages, she eats a lot less food than she used to, and she is more active. In addition, she does not have the strong doggy smell that some dogs always have. If I give her dry dog food to eat, the next day she scoots, is flatulent and lethargic, itches, and is not hungry for her day's feed. The reason for her not being hungry is that her body is still struggling to digest the food she ate previously.

Another problem I have solved is



Hannah (left) and her sister Hephzibah with a giant sunflower in their garden.

fleas on Elsie. I used to use a flea collar, but, after being alarmed at the effects of these upon dogs and humans, I have stopped using them forever. Instead I use tablets formulated from garlic, kelp, liver and brewer's yeast. These come in 100-tablet bottles for \$6 or four bottles for \$22. The dosage rate for dogs is:

Up to 13 kg – 1 tablet daily; over 13 kg and all puppies – 2 tablets daily; over 27 kg – 4 tablets daily; when pregnant or

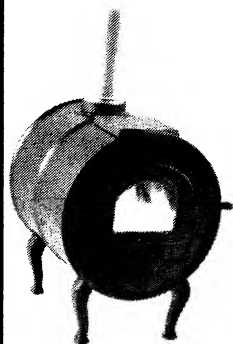
nursing – 4 tablets daily. These tablets can also be given to cats although the dosage rate is different. I obtain these tablets from Golden Glow, 15 Lisgar St, Virginia, PO Box 45, Virginia 4051. Ph: 07-3246-4411. They really work. I dose Elsie daily and she is a sleek, happy, healthy and energetic dog with no fleas.

Recommended Reading:

Keep Your Pet Healthy The Natural Way, by Pat Lazarus.

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WATER GARDENS

by John Mason & Iain Harrison, Lilydale, Vic.

There is a deep fascination about water that seems to affect nearly all humans. We respond to water in an almost spiritual way. We love to gaze, to meditate, to relax near water. Our basic needs for living are dependent on water and it provides us with much of our recreation opportunities. Water can play an essential role in garden design by providing life, movement, or sites for passive reflection. It impacts on all our senses. How we utilise water in a garden will depend on the effect that we are trying to achieve.

EFFECT

Different types of water gardens will create different types of effects. Consider the following alternatives.

Still Or Moving Water?

A pond or pool with a pump being used, and a stream, a waterfall, a series of ponds cascading one into the next, fountains, are all examples of moving water. Still water gardens include raised or sunken ponds, bird baths or even such things as a dish of water or a timber tub lined with waterproof fabric.

Animal Life Or Not?

Fish, frogs and water snails will help keep the environment of a pond balanced, providing a control over insects such as mosquitoes which breed in the pond. There must be a carefully controlled balance achieved to maintain stability in a pond environment.

Positioning

In the open, in a protected place with overhanging foliage. Shaded or not. Exposed to extremes of temperatures or not.

Depth

Depth is not important from an aesthetic or visual effect viewpoint, however, without appropriate depth certain water plants (and animals) are unable to flourish.

DESIGNING A WATER GARDEN

Water can add a great deal to a garden.

- It can create the effect of coolness.
- It can be used to reflect images (statues, trees, poolside plantings).
- It can be used to provide a physical barrier.



A water garden makes an attractive feature in any garden; although it doesn't need to be as ambitious as this one.

- It can be used to provide a feature or an accent by introducing a contrast or change in texture, colour or form.

WATER IN THE LANDSCAPE

As a Setting

Here the water becomes the setting around which the rest of the garden is built. For example, a large lake is the focal point of a garden which surrounds it, the bank of a river is the main feature of a garden which stretches along its banks.

As a Spine

Here the water becomes the backbone of the garden. A river, stream or canal which flows through the centre of a garden creates a line around which the garden is developed. It can act as a unifying force to all of the components of the garden, but also a directional force controlling the line which a person's attention is drawn along.

A Central Focus

A body of water (a fountain, pond, or even a bird bath) can be used as a feature at the centre of a garden, which draws the attention from all other parts of the garden. The area where the water is lo-

cated can be then developed as the centre of activity in the garden.

ESTABLISHING A WATER GARDEN

Construction

The alternatives include:

Concrete: This may be either a prefabricated construction (rarely used these days for anything but small constructions such as a bird bath), or constructed on site. On-site construction is very solid and there is a great flexibility available to the designer in the way the pool is shaped, however cost can be high. Concrete must have a waterproofing additive (available from building or hardware supplies) mixed in to prevent loss of water.

Brick or Stone: Raised pools or ponds can be constructed with brick or stone and lined with either concrete or a pool liner fabric.

Fibreglass: Usually prefabricated using standard shapes. The cost of constructing an original fibreglass mould is high, after which it is relatively cheap per unit to produce duplicates of that construction. Installation is easy and inexpensive, however the design is limited to

shapes and sizes of pools which are commercially available.

Liners (fabric): A waterproof fabric, flexible PVC or something similar, is used to line a hole dug in the ground.

Earth Construction: Lakes, dams and ponds can be constructed with an earth bottom in some soil types. The earth bottom may need to be treated to enable it to hold water, prior to filling.

CHOOSING THE CONSTRUCTION METHOD

Cost and life expectancy are generally two of the most important things to consider. Look at the comparison chart below.

Always fit a polythene liner into a hole before adding the water. With other flexible liners, this is not necessary, because of their greater strength. With other liners, let the water carry the liner into position as it fills, then trim the rim later.

Making a Pool With a Liner

- Mark out the shape of the pool on the ground. This may be done either with a piece of string (or rope) or by sprinkling sand or some other 'harmless' material which is a different colour from the surface of the ground.

- Remove a shallow depth of soil around the boundary of the pond to clearly mark its border.

- Excavate to the required depth, leaving shelves at about 23 centimetres depth below where the water level will be. The amount of shelf area and its location will depend on the water plants to be used. Some types of water plants require that depth to grow well. Slopes should be an angle of 20 degrees or greater.

- Insert wooden pegs about one metre apart around the pond edge and use a dumpy or spirit level to check any variation in the level of the perimeter. Establish where the highest and lowest points are.

- It may be necessary to adjust levels on the edge of the pond by cut and fill, perhaps creating a mound or wall at the low end or cutting into the embankment at the high end.

- Check levels both inside and around the outside of the pond. Once the pond is filled, it can be both difficult and dangerous to undertake any major construction in the immediate vicinity.

- Smooth all surfaces inside the pond, removing any protruding stones, tree roots or other material.

- Line the excavated area with a 12 millimetre layer of damp packing sand. Dry sand will not adhere to the sides of the excavation.

- Drape the liner loosely over the excavation, holding the edges down with bricks.

- Start filling with water. There will be some creasing, but this can be minimised by stretching and gently pulling the liner from time to time as it fills.

- When the final water level is established, carefully trim off the excess liner material.

- Finish the edge with rocks, timber, paving slabs or plants overhanging the edge to hide the liner material.

PLANTS FOR WATER GARDENS

Plants should be selected to reproduce the effect seen in nature. Some plant varieties are frequently found near water, but not actually growing in the water.

Other plants grow in the shallows on the edge of water, only slightly submerged, while others are deep water plants growing away from the edges. To achieve a good effect requires the use of a variety of types of plants.

Oxygenating Plants

These are plants which are completely (or almost completely) submerged. Seaweed in the ocean is such a plant, however the seaweeds we know are salt water plants and of no use in a garden pond. Oxygenating plants need to be anchored with a large rock or stone, with their base buried in either compost or mud, and then topdressed with gravel to prevent fish stirring up the material at their base. These seaweed-like plants provide food for fish and snails and help maintain a balanced healthy environment in the water for all life forms.

Eel Grass: Long ribbed leaves with pale green foliage. Suited to temperate but not severe cold climates.

Curly Pondweed (*Potamogeton crispus*): Slender stem plant with dark green leaves, suited to most climates.

Deep Water Aquatic Plants

Nymphaeas: waterlilies, reaching 5 to 46 centimetres depth of water.

Azolla (*Azolla filiculoides*): A floating fern with green moss-like foliage changing to red at times of the year. Can become a weed in some lakes and ponds.

Water Hawthorn (*Apocynum androsaemifolium*): floating lance-like leaves and fragrant white flowers. Very hardy. Requires water 75-95 centimetres.

Shallow Water Aquatic Plants

Water Iris (*Iris pseudacorus*): A tall yellow flag, is one of several plants which will grow in water shallows.

Umbrella Grass (*Cyperus*): There are several types of *Cyperus*, including *papyrus* which was used by the ancient Egyptians to make boats. These plants may grow anything from 1 to 2.5 metres tall, forming large clumps.

Sweet Flag (*Acorus*): Several species with foliage similar to the *Cyperus* but growing in water between several and 100 centimetres deep.

This information was gathered from the book by John Mason and Ian Munn, *Water Gardens*, The Australian Horticultural Foundation, 1980. This school provides a number of study courses that emphasise water in the garden, including the design of the garden, bush garden design, water garden 1 & 2 and many more. For more information, AHCS, 264 Swansea Rd, Tel. 07 551 1111.

Comparison of Materials

Material	Cost	Lifespan	Ease of Construction	Caution
concrete	high	50 yrs+	Difficult, if you are not careful hairline cracks can appear.	Must use waterproofing agent in cement.
fibreglass	highest	50 yrs+	very easy	Limited shapes, some have inadequate depth.
butyl liner	high	50 yrs+	easy	Thin, cheaper butyl liners will puncture easily.
polythene	low	1 yr	Easy, but you must be sure there is nothing below the sheet which can puncture it.	Use a heavy gauge plastic only.
PVC (laminated)	medium	10 yrs+	Relatively easy but colour being blue or buff, is difficult to subdue.	Will not stretch into difficult shaped ponds as well as butyl.

Jose has been a regular contributor for more years than many of us care to remember. She is a practising artist/craftsperson, her latest interests in the craft field always being generously shared with *Grass Roots* readers. She has taught us how to marble paper, make silk necklaces, decorate gourds, and a plethora of other skills. This time, her enthusiasm for a 'new' soap making technique will surely inspire many readers to look at this perennially popular craft in a new light.

FRENCH HAND-MILLED SOAP

One of Life's Simple Luxuries

by Jose Robinson, Wild Cattle Island, Qld.

People often ask me why I make my own soap. The simple answer is – it's a hobby and I really enjoy making soap. I derive a great deal of satisfaction from seeing a stack of my newly made blocks of soap. Each batch usually lasts us around 12 months. There is a six-week waiting period before the soap can be used. After that period there is no trace of any remaining caustic.

There is money saving involved, but that is not my prime reason for making my own soap. I've not bought commercially made soap in fifteen years. Home-made soap does not waste away so readily as shop-bought soaps, because the glycerine has not been extracted. Glycerine is a natural emollient, so homemade soap is kinder to your skin. I would say each bar of my soap lasts twice as long as commercially manufactured soap.

There have been endless soap recipes published in *Grass Roots* over the years, and most of them are more or less similar to my recipes. I've been making pretty much a basic household soap over the years, and that serves our general requirements. On occasions I've delved into colouring and perfuming in short spurts and as well I've made soaps using natural oils.

A couple of years ago I 'discovered' French hand-milled soap and became hooked. Hand-milled soap is actually second-time-around soap. By that I don't mean you use up your old soap scraps, although it is possible to utilise those for a lesser type of soap. Hand-milled soap is basic soap which you make at home, but it is then grated, remelted and moulded or cut into bars. It is a little more time consuming, but the results are worth it. Colouring and perfuming and other additives are a breeze, whereas success in the colouring and perfuming

can be a little tricky with first-time-around soap because the caustic or lye often damages them.

The first time I tried hand-milled soap I was so delighted with the results that I made mountains of different pretty soaps every day for a couple of weeks. That is until my supply of basic soap bars ran out. I used recipes with ingredients which I was either growing in the garden or which I already had on hand. My favourites are flower petal soap, aloe vera soap and marbled soap, but I've since made many other different varieties.

Hand-milled soaps have a more pleasing texture than soaps which haven't been milled. They also last even longer. The extra ingredients you put in, such as colouring, texture or perfuming, are added in at a stage at which lye is no longer present. Another plus is that it may be done in two stages if you are pushed for time. You can do the grating

of the basic soap and leave it until you are ready to proceed further. You can do part of a batch at one time, and leave the remainder to do later on. Hand-milled soaps can be easily poured into fancy individual moulds and make wonderful gifts.

Contrary to popular belief, many of the cleansing bars you buy at the supermarket for use in the bathroom are really detergents and not soaps at all. Soap is made from animal fat and/or vegetable oils combined with lye and water which come together in a process known as saponification. However, detergents contain petroleum distillates rather than fat or oils.

Most homemade soaps – with the exception of the lye – are made from high quality natural ingredients, unless you choose to use synthetic fragrance oils and dyes. By making your own soap you are in control of what goes into it, so you are guaranteed a great product.



Beautifully presented, hand-milled soap makes a thoughtful gift. Marbled soap with cinnamon on the left, mermaid soap on the right.

Ingredients & Equipment

at least 340 g of any basic homemade soap
ingredients for a particular recipe
hand-held kitchen grater
sharp knife
wooden spoon
enamel, glass or stainless steel saucepan
rubber spatula
soap moulds

Method

Basic soap should be sufficiently hard to cut into chunks and grate. Cut pieces that are easy to grip while grating. If there is any chance of soap still retaining some caustic wear gloves.

Grate soap into a bowl. Middle-size grating holes are best. If soap is not sufficiently firm and compresses under pressure, it needs more time to dry.

When all the soap is grated, you can proceed with the remelting process.

Place 340 grams grated soap and 255 grams of water in an enamel saucepan. Don't use a very large saucepan, because the grated soap may heat too quickly and may even burn if the base is too large. Now you are ready to use your additives.

Basic mixture of grated soap to water is 340 grams grated soap to 255 grams of water.

RECIPES

Aloe Vera Soap

This is great for its soothing of the skin.

184 g freshly prepared aloe vera purée

Method

If using small type aloe vera leaves, pick and wash eight whole leaves. If using *Aloe barbadensis* which has very large leaves, use half or less of this quantity. Cut into small pieces and purée in a blender till a smooth gel results. Do not add any water. Place grated soap in saucepan. Measure three-quarters of a cup of aloe gel then add water till you have a total of 255 g. Stir aloe into soap and heat till the soap has melted completely. Watch and stir constantly. Add dye if desired and pour into moulds.

FLOWER PETAL SOAP

Fresh roses, daisies, pansies or carnations work well. Dried petals work okay too.

1 cup fresh or dried flower petals (colours of fresh petals eventually change after they have been incorporated)

Method

Place 340 g grated soap and 255 g of water in saucepan. Stir over medium heat until smooth, then quickly add petals and stir until speckled throughout mixture. Pour into moulds. (I've used petals of yellow *Cassia fistula* successfully.)

MILK & HONEY SOAP

Good for softening the skin.

As we are bee keepers, we always have plenty of honey.

40 g powdered milk

120 ml honey

Method

Melt together in saucepan 340 g grated soap with 180 g of water. Add powdered milk and mix well till smooth. Add honey, stirring all the time. If you wish the finished soap to be golden in colour, keep mixture on heat till it slightly scorches. Soap should be fairly thick, otherwise honey tends to want to settle to the bottom. Pour into moulds.

CINNAMON SOAP

Has a lovely spicy perfume.

4 g ground cinnamon

a few drops cinnamon fragrance oil

Method

Melt together 340 g grated soap with 255 g water. Add cinnamon plus oil and stir very well. Pour into moulds.

MEDICATED SOAP

A mild antiseptic.

10 g flowers of sulphur (obtain at chemist)

a few drops of oil of lavender

Method

Melt together 340 g grated soap with 255 g water. Add flowers of sulphur and oil of lavender. Stir till very smooth.

Pour into moulds. Be careful with this one as sometimes the sulphur doesn't want to mix.

MERMAID SOAP

30 g powdered kelp or other seaweed
a few drops of oil of lavender

Method

Melt together 340 g grated soap with 255 g water. Add powdered seaweed and keep stirring till well mixed. Add oil of lavender and pour into moulds.

MARBLED SOAP

This one needs a bit of practice, so don't be discouraged if your first attempt doesn't turn out as you hoped it would. Persevere and you'll get excellent results.

Method

Melt 340 g grated soap in saucepan, then add 255 g water. Keep stirring until smooth.

Remove about one-third of total from saucepan and place in a small basin, or two basins if you want three colours. Now, using dye of your choice, add it to small basin or basins. One or two colours are ample. Pour remaining two-thirds of soap into individual moulds. Now pour a small amount of the coloured soap into each mould. You can stir carefully with a small paddle in a spiral motion. First one colour then the other, side by side. Do not overmix or you will end up with mud. Fold the dyed mixes in as deep as possible so the colour reaches the base.

With marbled soap it's a good idea to place the moulds in the freezer for a short time to harden quickly. Later remove from moulds.

Coffee or cinnamon add make a good brown colour. Cinnamon makes a fabulous pink.

Good luck!

Note: There have been many recipes for soap making in previous issues of *Grass Roots* numbers: 13, 14, 15, 22, 24, 25, 34, 36, 37, 38, 41, 54, 55, 56, 57, 59, 73.

We'll be hearing from you again in the year, in a more reflective mode.



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BITSY BREAD AND PARTY DRESSES

A 'Grass Roots' Childhood

by Sunshine Miller, Melbourne, Vic.

You may feel that you know me. It's a very strange feeling for me to think that you have heard all those terrible tales about me, some of you (horrors!) for years! Growing up with *Grass Roots* did not make for a very normal childhood, although it took me a while to realise this.

I enjoyed living the *Grass Roots* lifestyle as a kid, it had a few low points, such as non-user-friendly bitsy brown bread, and nuts instead of chips in my school lunch. These were small matters. I liked having plenty of chooks, goats, pigs and sheep to play with, and once electrified my parents by saying, 'Look what chickie can do,' and displaying how he could pick food out of my teeth. I carried a straw handbag with a pet chickie in it whenever I went out, always a conversation stopper on the bus. Best of all was meeting all the different people that came into my life. When I was little, people dropped in to *Grass Roots* on a daily basis, just to check out the scene and meet Megg and Dave. Megg was quite shy and it was always me who ran out to struggle with the heavy gate latch because I couldn't wait to play with the visitors. People have been unfailingly patient and very generous and kind, often giving me little treasures that I would keep for years. I grew up believing I was part of a huge GR family and was certainly never shy! I still like to suss people out when I first meet them. If they read GR, I know they must be all right!

I did feel the weight of a bimonthly obligation to do something interesting for Down Home On The Farm. Often I would unsuspectingly tell Megg about something foolish I had done that day, only to receive, instead of sympathy, a gleeful, 'That's going in the mag!'. Always the *worst* things too! It became quite a family joke, along the lines of, 'I dare you to put *that* in Megg!'

In starting *Grass Roots* and leading an alternative lifestyle, my parents broke with family traditions and values. Perhaps in consequence of this they have been very tolerant of my need to lead an



Top: All dressed up on the farm, waiting for somewhere to go.

Below: Waiting to meet Megg at the airport in America.



independent life. I have never been the ideal GR daughter, being quite likely to come out to feed the chooks in a pink party frock and patent leathers. While I

loved talking to the chooks and the flowers, I think my parents realised early on that there wasn't going to be too much heavy mulching in my life. I don't think it is readily apparent to parents that an alternative homelife and a name like Sunshine are not the best assets in the school playground. After having dropped a few real clangers ('My parents always walk round in the nude Mrs Moss.') I learned there are a lot of things you just can't mention at school! I even managed to deny with a straight face for years that my parents were 'hippies'. It was not until I got to Uni that I was able to say, 'Yeah they were. Pretty cool isn't it?'

I believe that my parents' strength of character in choosing their own paths and their tolerance of my leaning towards glamour, enabled me to be able to leave home to go to boarding school and later to America for a year. I felt it was necessary to go away and work out who I was, away from the overpowering energy of those two very strong and directed personalities. They seemed to understand my need to live a 'normal' life for a while and even, after some initial shock, supported me to do my debut – (nasty bourgeois thing!) – a real test of love! The excitement of a 'Neighbours' homelife (and white bread) did not last, however. Recently, I've begun to feel I have reached a natural balance between my GR background and city self. After a determined avoidance of healthy daylight in lieu of strobe lights and techno, I now find myself pottering around happily in my backyard garden. My seedlings keep multiplying so I'm always running out of pots and keep having to ring Megg up for emergency country dirt. No chickens as yet.

On my recent expedition to Antarctica, I saw what an impact only a few thoughtless people can make on a previously pristine environment. I returned very conscious of an obligation to the natural world, and have since become an 'eco rep' for Esprit, keeping an eye on recycling, planting trees and helping organise fund raising for homeless youth.



Left: Party girl, at the 'famous' Deb night.

Below left: The responsible school leader in year 10.



Above and Top Right: Involvement with the animals was always a big part of farm life.

My childhood was a simple and almost old-fashioned experience. We had no TV (still don't like it) and there were poddy calves, bees, wood fires, herb gardens and freshly picked vegies. Although, I don't brave the untamed wilds of the country too often these days, this is something I will always carry with me. I've often been asked how different I was from my hard-working wholemeal parents. How did they do it? I always wondered. But now, if I look seriously at my own full-time job managing Esprit, part-time at Uni, and now eco rep, it can be so different after all?

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RESOURCEFUL GARDENING

by Betty Culver, Hivesville, Qld.

Our new Filipino neighbour, Benita, has lived in Australia for some years with her Australian husband Ron. They came here to build a new home and start a new rural lifestyle. Their nine-acre treeless block had been used for grazing cattle over the years before the block had been subdivided by a developer. My husband, Bill, had slashed it periodically to control the weeds and to reduce the risk of fire in the dry summer months.

There is no water on the block apart from rainwater collected from the runoff from the roof of the house. The black scrub soil is inclined to be heavy and impregnated with small rocks and stones. In long dry spells it sometimes cracks and opens up to create furrows. Unless dampened, the surface soil is crumbly and not easy to dig.

After the cement foundations for the house were laid, Benita painstakingly chipped the grass from around the perimeter of the house and burnt it. Subsequent weeds that appeared were also removed by hand until she had achieved a weed-free area for planting her garden. She then lightly hoed the surface soil, removing any loose stones. These stones were saved and used as barriers and drains to trap and divert the rainwater into the garden area.

She planted vegetable crops on four sides of the house, many of which are legumes. Corn thrives on the western side of the house and provides shelter for a crop of creeping vegetables such as marrows, pumpkins and cucumbers. She grows five or six varieties of beans both dwarf and climbing. Varieties include English beans, mung beans, snake beans and other Asian varieties. Other vegetables grown successfully are peanuts, okra, spring onions, chillies, tomatoes, melons and other vegetables that I am not familiar with.

The seeds are planted after rain and the only subsequent watering they receive is from infrequent showers and heavy dew. We enjoy hot days followed by cool nights and have heavy dews even in the hottest months. We live at an altitude of 400 metres above sea level on the Western Downs in south-east Queensland.



Neighbours, Betty and Benita, love their gardens and enjoy sharing ideas.

Tender seedlings are protected from the harsh summer sun by the erection of small tipis formed from the leafy branches of nearby gum trees. The plants are given no fertiliser apart from what they receive from the droppings of free-range chooks wandering in the garden. Benita does not waste money on expensive trellising to provide support for her climbers but uses instead branches from dead trees she finds lying in nearby paddocks.

The plants enjoy varying lengths of shade time provided by the overhang from the verandahs of the house. Leafy crops are grown on the coolest side of the house. The house has long verandahs on the easterly and westerly aspects. Benita sometimes uses sawdust as mulch to retain the moisture around her plants, but most of her crops are flourishing without any mulch as protection. The foliage is dark green and healthy in appearance with heavy cropping yields. I asked her what she considered the most

important factor in raising successful crops and she said that in her opinion the garden must be kept weed free, because weeds provide unwanted competition for the crops.

Brickie's rubble, soil and gravel have been mounded along the edges of the verandahs to form garden beds. A variety of flowering plants have been established. Roses, petunias, periwinkles, calendulas, English daisies, geraniums, hibiscus and bougainvillea provide a splash of vibrant colour. The only watering they receive is recycled washing water. Ongoing dry conditions forced Benita into using the services of the local laundromat for the last month of summer and the flowers struggled for survival.

Young fruiting trees including pawpaws, pummelo, soursop, easter apple, jackfruit guava and tropical cherries have been established throughout the garden and shelter trees planted along the western and southern boundaries to

protect a small mango orchard. The trees are surrounded by a perimeter of stones gathered from the block to trap the moisture around the base of the plants.

A selection of herbs, which are used medicinally, is being cultivated as well. Benita said that in her native country only well-to-do people can afford the luxury of being treated by professionals for their ailments. The bulk of the population relies heavily on simple home remedies to maintain their health. I will give you a few examples.

- Oregana (three in one herb) leaves are finely chopped and juice extracted and administered by teaspoon to alleviate childhood fevers.
- Mint leaves are steeped in boiling water and used as a gargle to relieve catarrh, sore throats and colds.
- Avocado leaves are made into a tea to relieve the symptoms of arthritis.
- Aloe vera is used in numerous ways for medications, but aloe vera gel is also used as a hair conditioner and fixative.
- Jackfruit leaves are crushed and used as smelling salts to revive someone who has fainted.
- Rice water, boiled, is given to relieve the symptoms of diarrhoea.

In the cooler months Benita plants more root crops in her garden such as

sweet potato, yams and tapioca. Many of the plants that she is growing here are ones that she is familiar with from her own country and knows are suitable for a hot climate. She studied agriculture at school so no doubt this has given her a head start.



The crops from her garden are relied upon to feed her animals as well. The dogs and cats are vegetarians and look healthy. All the vegetables that she grows are cooked until they are soft and then mixed with rice to feed dogs, cats and chooks. Benita uses white rice that she buys in bulk, but perhaps brown rice would be more nutritious, or a mix of both. For our own personal consumption I use a 50/50 mix as the brown rice tends to be a bit chewy on its own. Benita tried giving this diet to young ducklings, but it

was unsuitable for them and she now gives them duckling pellets. She does give the dogs meat bones sometimes to satisfy their need to chew. Benita's animals have been reared on a vegetarian diet and it would undoubtedly be more difficult, but not impossible, to give a vegetarian diet to animals that have been used to meat.

I find it fascinating that different approaches to gardening can work equally well. We can learn so much from each other. If we use the resources we have so freely available mother nature can be very rewarding.

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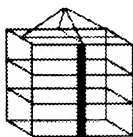
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SWAPPING SUNRISE FOR SUNSET

by Robyn Eades, King Island, Tas.

If GR is turning 25, then my daughter Jeannette must be nearly that too. Soon after her arrival my sister sent a parcel of goodies to the poor struggling travellers living in a caravan in Canberra, and the best things were *Grass Roots* numbers 1 and 2. We were very much alternative and self-sufficient already, having spent a few years seeing Australia in our home-built caravan, carrying a boat and other handy knick-knacks.

GR made so much sense of many of our strange ideas and sent me off dreaming in lots of other directions. We soon left Canberra for Gunning, only fifty kilometres away, and started 'settling down'! Doing up a big old house and setting up the Black Sheep Art and Craft Store.

Then the 'build your own house' bug set in and we moved to some bush ten kilometres closer to Canberra and took 'proper' jobs so we could buy bricks and concrete. My son Martin arrived just in time to see us living back in the faithful caravan again.

GR and Esther Deans showed us how to grow vegies, set up windmills and think about childhood farm days when life was simpler. That was a bit of a mistake for me as I then began to yearn for the childhood place, and eventually I took the dream firmly in hand and came home to King Island. I didn't get to actually live in the house near Gunning I had so carefully planned and worked towards, and now I had to build another. . . by myself! That caravan came in handy once more!

The kids eventually came too and the temporary beach house became our spe-



cial home. It grew like Topsy, some things never got really finished, but the wind generator, solar panels, water tanks and wood heap kept us going. The kids caught the bus to school, went to Guides and Cubs and played in the band when it began. We all put items in the annual show and sometimes won prizes.

I let the garden grow whatever the wallabies and possums would not eat, did various jobs, from making bricks to being a library assistant, school teaching and school bus driving! The old craft

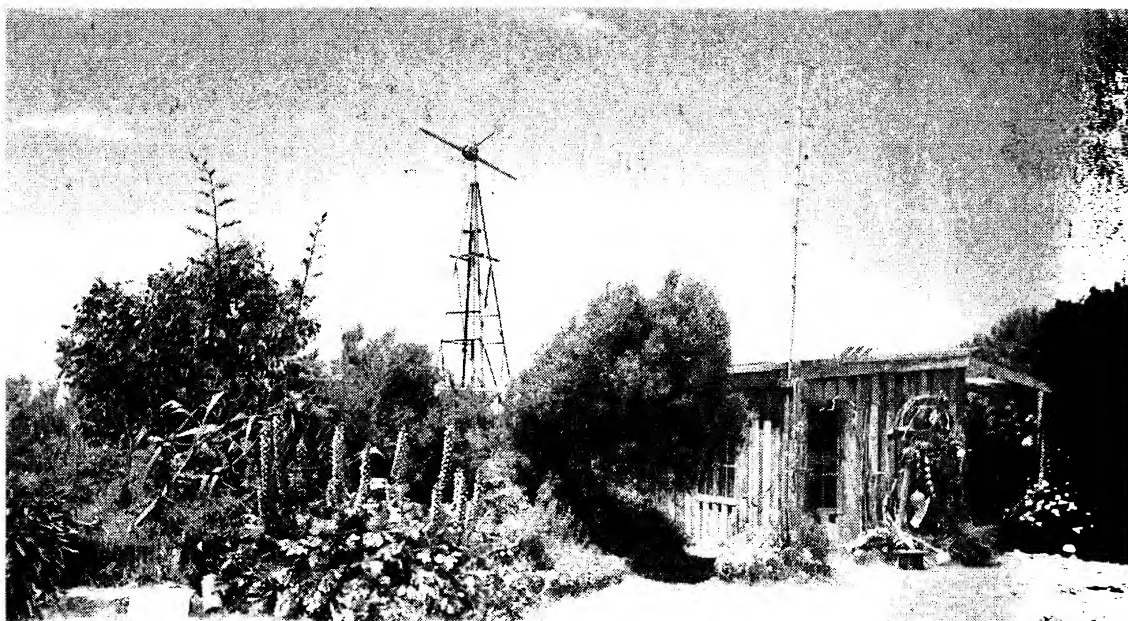
skills of spinning and soap making brought in a few extra dollars too. House sitting/farm minding was another sideline which gave me an insight into other lives, especially aspects I hadn't noticed happening, such as microwave ovens and cordless phones.

I somehow got the feeling that most people didn't really believe that I had a computer that worked on the solar panel power. With it I composed and answered letters from a variety of GR people. Some have remained paper friends, some have come to look at the Island, some stayed, others left.

Feedback is the first thing I devour when the latest GR arrives. I do wish the people writing thank-yous for queries answered would pass on some of the help they received though! I'm intrigued that GR has gone on this long and not changed its general feel. I think it's the community of contributing that keeps us all coming back, and it is down to earth.

I am going to need the reassurance of belonging all the more in the next few months.

For almost two years now negotiations have been going on to begin mining the sand on 'my' beach and I have to begin all over again! I have bought a 1.01 hectare bush block (only 7 km from Currie) and planned another house. My son has helped cut and mill trees my father planted when I was about four, there is a concrete slab, wall frames are up and I'm eating no-dig lettuces already, so I guess things are rolling along. The caravan is long gone, but my old school bus mobile craft studio will be useful if it can keep going a few more



The house at Naracoopa had a very special feel, now I have to move to the other side of the Island.

miles. I cannot imagine how I am going to live without my kitchen sea view, or how I will sleep without its pounding rhythm in my ears. I am going from one side of the island to the other and no one believes the difference that thirty kilometres makes in climate and ambience. Swapping sunrises for sunsets seems a fair deal I guess. About all I will not miss is the half-hour dirt road trip for supplies and activities.

The kids don't live on the Island any

more but I can't think of anywhere else I could be, so it looks like 1998 is the start of a completely new life in many ways, as even my main job of the last 12 years has ceased! I can only spin so much wool per day!

One last thing before I forget, a special message to the ever-inventive Roberino. If he can think of a good way to send his spare (clean) milk cartons to me I'd be able to use them for moulding my soap! Our milk comes in plastic bot-

tles and they don't do the same job at all well, even though they adapt to most of his other ideas!

There are heaps of things I have not mentioned still, but you all get the picture I think. GR has been part of my life for half of it now, so congratulations on another milestone. Let's all keep on trying to make the world a nice place to live... in thought, word and deed.



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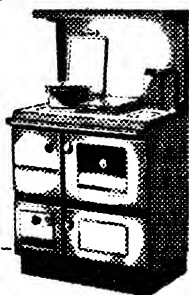
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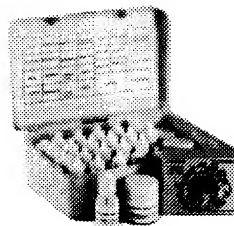


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GOING SOLAR ECO EMPORIUM



For more than twenty years, Stephen Ingrouille has been a driving force in the alternative technology movement in Australia. In 1977, he founded the Alternative Technology Co-operative, and twelve months later he established Going Solar, Victoria's first alternative technology shop, in a small bluestone building near a corner of the Victoria Market in Melbourne.

After growing out of a number of premises, Going Solar finally came to rest at 320 Victoria Street North Melbourne. Now, however, to keep pace with the demand for environmentally friendly household products, Going Solar has opened the Eco Emporium at 406 Smith Street Collingwood. True to Going Solar's philosophy of caring for the environment, the shop is fitted out with low voltage lighting, recycled furniture and packing crates. The bright interior was painted with Bio Products citrus-scented organic paint. The architrave around the back door was a gift from Andy Knorr of Radcon Radial Milling. This timber was radially sawn, a method which means much less timber is wasted in the milling process and smaller, younger trees can be utilised.

As you walk into the new shop you'll be struck by the delicious aromas of beeswax, natural soaps and new books. As the name 'Eco Emporium' implies,



the pot pourri of smells is a clue to the diversity of wares available. There are organic seeds, hand-driven washing machines, books, magazines, hemp towels and bed linen, essential oils, environmentally friendly household cleaning products and lots of other interesting and hard-to-find items.

So, whether you want to recycle your kitchen compost with a worm farm, splash on some organic house paint, or just appreciate the many earth friendly alternatives to polluting kitchen products that are available now, why not drop into

Top: The Eco Emporium is stocked with hemp products, bulk cleaning supplies, seeds and all sorts of household consumables that do not harm the environment.

Above: Going Solar's founder and alternative technology pioneer, Stephen Ingrouille (centre) celebrating with friends at the opening of the new Eco Emporium.

the Eco Emporium on Smith Street and help create a healthier planet.

Going Solar Eco Emporium: 406 Smith St, Collingwood, Vic 3066. Ph: 03-9415-1786.

NATURAL PAIN RELIEF

by John Mount, Woodford, Qld.

The classic literary masterpiece, *American Indian Medicine*, by VJ Vogel mentions the use of the herb echinacea in producing an astounding feat of endurance by Winnebago medicine men during the early 19th century. The raw herb was chewed thoroughly by the medicine man until the mouth was completely numb from pain. He would then insert hot coals into his mouth, much to the astonishment and awe of tribal members. The echinacea juice also acts as a preventative against various forms of inflammation and infection.

Oil of bay leaves relieves pain associated with arthritis, muscle sprains, tendon swellings, backache, and varicose veins. To make the oil simply place the leaves in a container and cover with olive oil. Heat lightly on a very low heat for 20 minutes without causing the oil to burn or smoke. Remove from the heat and allow container to cool. Strain and bottle the oil.

The humble cabbage is considered



the poor person's medicine. It is considered a good painkiller and healer for a wide range of ailments including arthritis, burns, cuts, gout, insect bites, muscular pain, rheumatism. The leaves can be crushed and steeped in boiling water and the decoction used as a gargle or as an ointment. The leaves themselves, if washed, can be applied directly to the affected area.

A favourite relief in earlier times, but little known today, was a small soft bag of calico containing common table salt heated by exposing the bag to the rays of the sun or by placing it close to any heat source until the bag felt very warm or hot to the touch. The bag was then placed on that part of the face nearest the aching tooth until relief was obtained.

The bag was also used for the relief of other aches and pains, especially those associated with arthritis and rheumatism. One of the reasons for the efficacy of this treatment lies in the fact that salt can retain heat for long periods.

The tea made from balm mint or lemon mint (*Melissa officinalis*) is said to relieve nervous headaches, toothaches, and earaches. This herb is greatly loved by honey bees. Its name, *Melissa*, comes from the Greek name for the honey bee.

Rosmarinus officinalis, or rosemary, the herb of remembrance, is one of the many sweet-scented plants that are found in English gardens. Scholars in ancient times wore sprigs of it to exhortations to improve their concentration. Legend has it that the Virgin Mary spread her linen cloak over a white-flowered bush of rosemary, and ever since the flowers are as blue as her robe. Rosemary tea, recommended by the ancient Roman author Pliny for failing eyesight, is also noted for its relief of headaches.

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I WISH SOMEONE HAD TOLD ME ABOUT: **CALVING**

by Gwen Deem, Yerra, Qld.



I thought cows were pretty foolproof. I thought their main ambition in life was to eat grass, have calves and produce milk and beef. . . or both. Of course cows being cows, ours do that too, but for a while it seemed our cows' main ambition was to let us experience all the problems that farmers can encounter with calving, but usually don't. Don't get the impression that we don't care for our cows properly. We've sat up with them until the early hours of the morning if they've seemed uncomfortable. They are spoilt and pampered. Each has a name and they come readily when called without enticements:

Our first drama was Meg. She was bought along with our 'girls' when they were just calves. We were advised to buy an older cow so that the calves would have a 'leader', but Meg never assumed that role. Rusty, the friendliest of the calves, was the boss from the beginning. Which was just as well because three weeks later Meg died. She didn't just up and die instantly. The farmer we bought her from said she didn't look too well

when he delivered the herd. This singled her out for attention. She really got the treatment: molasses, lucerne etc. I probably killed her with kindness. We still don't know why she died. To this day Meg remains a mystery.

Carmel was different. We know why she died. When we bought her in the second lot of calves, the man who sold her said that he didn't know that she was pregnant, but if she was his daughter he'd be worried about her. Time soon told us he was right. Carmel was pregnant. She was a Jersey crossed with something, we never did find out. Being part Jersey she was only a little cow and her calf would have been our first born on the farm. No expectant parents were ever more excited than us.

Alas! Whatever bull serviced her was obviously too big for her breeding. In spite of all our care and attention the calf was born dead. We had to pull him out and Carmel almost died in the process. The traumatic birth left her with calving paralysis. We knew nothing of this. There we were in the middle of the

night, in a raging thunderstorm, tugging this calf out and then being left with a paralysed cow. Poor Carmel. The only mobile part of her was one eyelid. The locals advised us to put her out of her misery. The vet said cows in this condition had been known to come right again, but it took loads of time, patience and TLC (Tender Loving Care).

'Well,' I thought. 'I can give her that. It's the least I can do for the poor thing.' Little did I know what lay in store. We made a sling up out of an old wool bale, slipped it around her girth and each day we would hoist her up and give her the chance to try and stand before gently lowering her to the ground again. At first she picked up a bit. She began eating and drinking again and for a while it seemed we might win the battle. Naturally, during this time, Carmel and I became great friends. It was almost like having a baby again. I fed her, sponged her and cleaned her mess up after her to discourage flies. I also decided that she would be my milking cow when all this was over.

Unfortunately, two weeks later she

began to go downhill and she stopped eating. By then the sling was chafing her and making her miserable. The vet advised that it was spinal damage, and in fact she'd never recover. Tearfully, I had to agree to have her put out of her misery.

Eventually, our girls grew up and a bull came for a holiday. We were so careful in our choice of their suitor and he did his job well, but we had our moments during their pregnancies. Firstly, although we'd asked farmers and studied many books we weren't really sure exactly what to look for when the calves were due. I'd religiously do daily udder inspections to see if they were filling out. Rusty's udder didn't look ready, and I was sure she wasn't ready to calve, but when she began bellowing regularly (every five minutes) one rainy night, we sat in the cattle yards until two in the morning in the pouring rain waiting to see if her 'contractions' developed into real labour. They didn't, and four weeks later she had a healthy little bull calf.

Yes, our cows have taught us a lot. Especially Winston. I won't elaborate on how she got her name, but she does bear a striking resemblance to her namesake. She actually calved one lovely sunny Sunday afternoon. What a nice change. No tramping over the dark paddock with a flashlight to check her. I made myself comfortable under a nearby shady tree and eagerly awaited the event. I should have known it wouldn't be that easy, and as the hours progressed she became more and more distressed whilst her belly distended into the most grotesque shape. Well, I certainly wasn't taking any chances after my trauma with Carmel. I rang the vet and he arrived just in time to see the new calf wobbling unsteadily to its feet.

It's almost calving time again. The amorous bull has been for his annual visit, and once again we are eagerly awaiting the new arrivals. I like to think we've weathered most of the storms and have come out wiser with the knowledge to handle any potential disasters more confidently this time. But, knowing our girls, I'll bet they'll have a trick or two waiting.



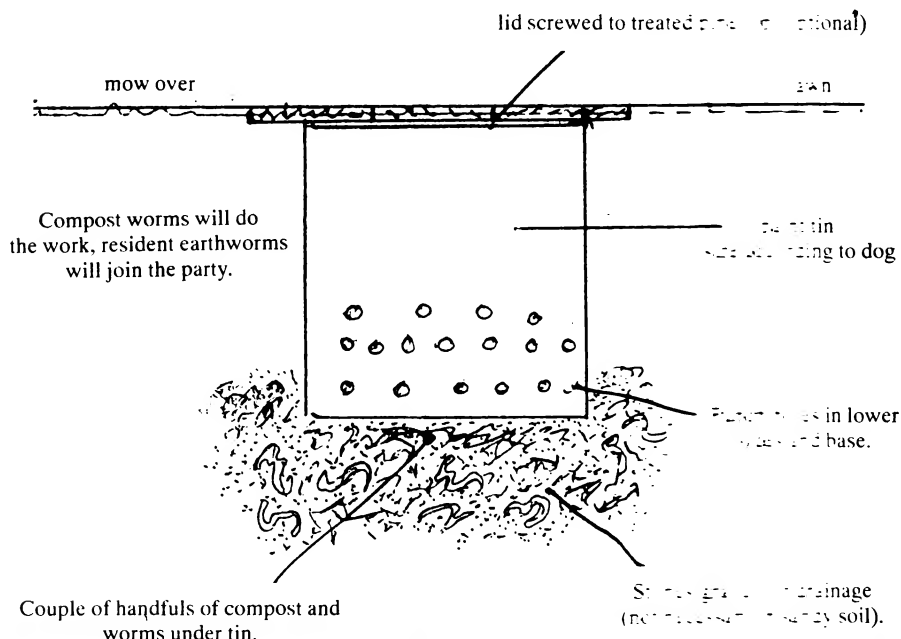
DOGGY-DOO COMPOSTER

by K Upward, Tin Can Bay, Qld.

After seeing an enquiry in a Feedback letter I thought readers might be interested in this tried and tested method of disposing of doggy-doo.

This doggy compost loo will not fill for several months, just add half a hand-

ful of garden lime now and then. Either use two loos in tandem and harvest fat juicy worms, or just fill it with soil and start again. The paint tin will eventually rust away and lawn will grow again.



SOUTH DEVON CATTLE

You read the article about South Devon Cattle in GR 122, so how about looking at some with a view to purchasing. All the comments in the article were correct (in case you missed that edition you can get more info from: the Secretary, South Devon Cattle Society, ABRI, Uni of New England, Armidale NSW 2351).

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BUYING A FARM

PRIORITIES

by Pat Coleby, Maldon, Vic.

Pat has written many articles for *Grass Roots* over the years, generously sharing her vast knowledge of farming and natural animal health, with an emphasis on caring for the soil as a first priority. As part of our twenty-fifth anniversary celebrations she has agreed to contribute a series of articles with advice about that cherished dream of many readers, buying a farm.

I suggest that all the people involved sit down with a bit of paper and list your priorities, not just those of the head(s) of the household, but everyone. There may be health problems and you feel living in the country with safe home-produced food is a necessity, that would rank fairly high in the priority stakes. So, your list of priorities might look something like this: healthy lifestyle, love of animals, need to make a living, prefer the country to the town, want to bring the bush back to what it was originally, want to slow down, and so on. I am not sure that the last item is valid as usually work in the country is from dawn till bed, not from nine till five!

Next, think seriously about what the workforce will be and what skills they possess. This sounds rather brutal, but I have seen a great many who, on retirement, opted for country life and bought a small farm – it literally killed most of them. There were two of most of them and one of me, but because I had experience and am fairly innovative I made a go of it and watched them aging at twice the rate I was! It worried me stiff because I should have said to them, ‘sell up while you still can,’ and I had not the heart to.

It is also absolutely important that the whole family is involved in the decision making and feels the same way about it. Older children may already have their careers mapped out and do not feel that looking after animals/fruit/crops/ in all weathers is in their scheme of things – fair enough. But if they are living at home they have to at least pay their passage in work or kind, as a farm cannot really afford passengers. Maybe the main breadwinner (male or female) has a good job in a town and has decided that a farm will be a better option. Does the



spouse, and children if old enough, think the same way? It can be done, but if your skills are few and if you have the time, money and application learn something about the type of farming you intend to do – before you start.

I have come up through it the hard way and do not regret a minute of it, but again and again people ask me what we did when we wanted to go out, have a holiday or a day off – quite normal requirements for town dwellers, nonexistent luxuries for a migrant family starting with one hundred pounds in the bank, on a rented farm. I knew how to do pretty well every job on the farm and did them and reared a family at the same time, like hundreds of women before me. But I noticed that the female half of our visitors used to look at me askance and say I was giving their men ideas about what their women should do! I am not sure I would advise anyone to do it that way now unless the motivation is very strong indeed. But it did work, because I was young and fit and in my up-bringing work was about all I ever did learn to do!

Nowadays the outlook is different, but I suspect the requirements when get-

ting going on a farm haven't changed much. If none of you were reared in a farming situation I suggest you spend time on farms. A working holiday might be a good idea, and not just in the nice summer weather either. These days, with modern machinery to help, aching muscles and backs are not such an issue, but they still happen and the romance, if there was any, disappears with the mud and torn fingernails. Before you commit yourselves go and try it, even share-farm for a year, if someone will take on an inexperienced or semi-experienced sharer, or look after a friend's farm when they are away.

From a woman's point of view, on a farm there is no such thing as woman's work; if the cow is down and needs getting up, everyone has to help. On sheep runs, shearing and the other seasonal jobs usually mean all hands and all ages are out there doing something. Okay, so you have done all that and are still determined. Fine, but you cannot go into it with your eyes shut, or worse, full of stars – there are lots of them there, but there are a few black holes as well. If you have decided it's for you, read on in the next issue of GR.

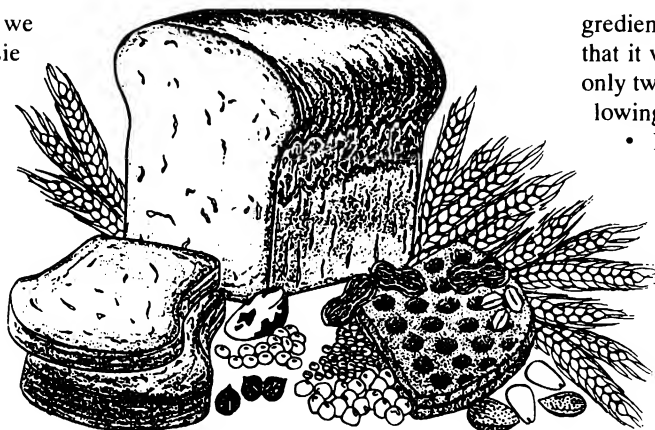
and the winner is...

In the past couple of issues we outlined details of our Aussie Doughmaker Competition. Readers were asked to send in their favourite family bread recipe and so be in the running for great Easy Knead prizes.

We had a great response – there are obviously many home bread makers amongst our readers. There were recipes for plain breads, healthy varieties and some wonderfully exotic ones. From the piles of entries, Graeme and Bruce from Easy Knead selected their ten favourites. They then baked them up and chose the two winners. We at the GR office lamented the fact that Graeme and Bruce in Dromana were too far away for us to assist with some taste testing!

So to the winners...

Heather Lloyd from Lima East, Victoria, wins first prize for her favourite recipe for Healthy Lunch Loaf. She wins an Aussie Bakery Kit, comprising



Aussie Doughmaker, Aussie Prover Box, measuring container, mini and medium loaf tins and recipe and instruction book valued at \$135.95.

Joan Gibbons from Tangambalanga, Victoria, wins second prize for her recipe for her favourite Wholemeal Grain bread. She wins an Aussie Doughmaker valued at \$79.95.

Congratulations to both prize winners. Graeme noted that both of these recipes had good methodology and in-

gredient combinations but he stressed that it was extremely difficult to choose only two entries. He also offered the following hints about home bread making:

- It is preferable to use high protein bakers' flour or a mixture of it and strong and flour and some extra gluten (this produces bread with more volume, better keeping qualities and avoids a cake-like texture)
- When kneading by hand it is preferable to knead for 10-12 minutes
- Addition of fruit, seeds etc should be done toward the end of the kneading process.
- Dough needs to be kneaded correctly once as any more kneading breaks down the cell structure.

For more information on Easy Knead products write direct to: Easy Knead, PO Box 383, Dromana 3936. Ph: 03-5981-4109, fax: 03-5981-2799.

We will publish these prize winning recipes in the next *Grass Roots* so look out for them.

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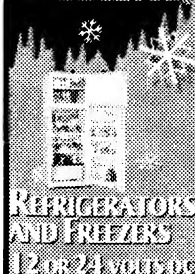
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DREAMS UNLIMITED

by Bonnie, Nanango, Qld.

Congratulations on reaching the twenty-five year mark! Coincidentally, this year is also my twenty-fifth as an Australian. When I arrived in Australia as a single mum looking for a better life for my seven year old daughter I had no idea just how wonderful this country would turn out to be. Back in 1974 I was lent a copy of *Grass Roots* by a work-mate and I sat in the tea-room all lunch hour just drooling over the lifestyles and ideas covered in that issue. I knew it was what I wanted, but at that time I might as well have wished for a trip to the moon and back as to have a few acres of my own. The seeds were sown however, and I never stopped dreaming as I slogged away at work from nine to five daily. We didn't have much money, but I earned enough to keep up and pay the rent and make sure my girl got a decent start. But, a goal is a dream taken seriously!

I was shocked when the government department I worked for announced that Federal Government cuts were virtually going to close us down within two years. They offered redundancy packages and I took one. Not a very big one I'll grant you, but enough to buy Bonnieview and start growing things.

Recently, my now grown up and married daughter rang and asked, 'Whatyadoin Mum?'. I said, 'Well, I've delivered 36 babies this morning, I've cut their cords and removed their birth sacks and smacked their bottoms'. Poor girl thought I'd gone quite mad until I explained my new baby loofas were ready for harvest. They are so cute when you peel off the skin to reveal the little sponges inside and then you really do smack 'em sharply to remove the seeds.

I am trying various crops to see what will grow successfully here as the South Burnett is still in the throes of a drought. I do still have to earn enough to live on and pay my way.

My other major interest is echinacea. I have had several disasters with this crop, including black frosts which this area is not supposed to have (gospel according to the real estate agent!), and



from two hundred seedlings I have only 25 left. Since it takes eighteen months to develop echinacea to the stage where they are of medicinal value, I must turn my attention to my little babes. I know they have craft potential, unfortunately I do not!

Which brings me back to *Grass Roots*. For twenty-odd years you have kept my dream alive, unknowingly encouraged and motivated me, made me laugh, cry and sympathise. Only last year did I have enough money to subscribe. To now say 'congratulations' is a hollow thank you, so I thought I'd write and let others know to keep on doing what they have to do, but always keep that place in your heart for the seeds sown by GR.

In closing, I'd like to share a little story my Grandpa told me. A man walking around the city streets one day came across a little shop called 'Dreams Unlimited'. Intrigued, he entered. Standing behind the counter was an angel who asked what he would like. The man said, 'What do you have available?'. The angel replied, 'Anything your heart desires'. 'Oh well then,' the man said. 'In

that case, I'll have world peace, an end to famines and wars, and a little place in the country with . . .'. 'Wait, wait', exclaimed the angel. 'You misunderstand the purpose of this shop. We only sell seeds, not the fruit!'

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KEEPING THE FAUNA OUT OF THE FLORA!

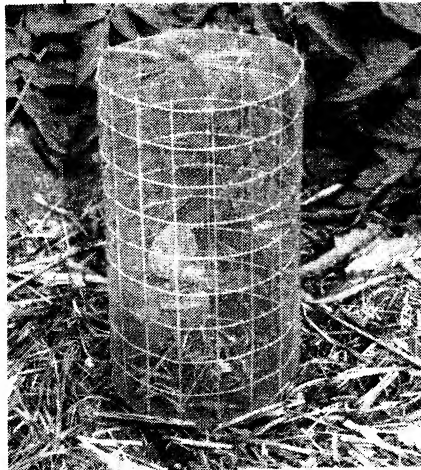
by John Mount, Woodford, Qld.

Finding a large African elephant standing amongst the ruins of your once-attractive garden would probably be, to say the least, a little disconcerting. But this one-off event would probably be slightly more preferable to seeing the garden frequently ravaged by one's own, or by a neighbour's, dog or cat.

The incursion into your garden by domestic animals can range from Fido digging up your best rose bush, to Puss adding to the garden smells, or to Farmer Brown's cows knocking down the fence and trampling your vegetable patch.

In the case of dogs they might dig up the garden for a number of reasons including the burial of bones, boredom, and lack of exercise. The burial of Fido's tasty skeletal parts can be discouraged by shooing him away from the garden whenever he approaches. Chicken mesh lightly covered with soil in the garden will deter most dogs, but the mesh should be of a size that will not entrap the paws.

Boredom and lack of exercise can be easily rectified by walking the dog at least 3 - 4 times a week. If the dog has been trained to retrieve a tennis ball he will be easier to exercise. It also helps if



the dog has a few 'toys' to play with, particularly solid rubber balls or thick rubber piping. This will give Fido something to chew on other than your favourite aspidistra.

Errant cats can be discouraged from loitering amongst the plants by burying small open bottles containing ammonia-soaked cotton wool and allowing only the necks to protrude above the soil. Also try spreading strong pepper, orange or lemon peel, or naphthalene flakes around the garden. With your own cat, litter box lessons would be an excellent

way of preventing garden gambling.

Much larger animals such as goats, sheep, and cattle, are more difficult to keep out of gardens and sometimes need a slightly stronger deterrent. Electrified wire that emits a harmless but stinging reminder is ideal for deterring large and more aggressive animals, especially native fauna such as kangaroos and wallabies. Once the animal has felt the electric current on two or more occasions, it is generally reluctant to go near the wire again for some time. The wire can then be de-energised and only used again when necessary.

Birds can be repelled by inserting a few feathers into a cork and tying it with a piece of string to a stick or branch. As the breeze catches the cork it will move it around enough to scare off birds. Hanging a string threaded with bright and shiny pieces of metal foil or other brightly coloured objects on trees and shrubs will do the same job.

Possum repellents for the garden are naphthalene flakes, quassia chips, and cayenne pepper.

And as for elephants in the garden – perhaps the local zoo might have a solution?

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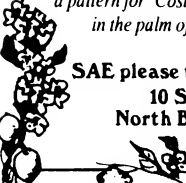
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GROWING YOUR OWN FIREWOOD TREES



by Graham J Andrews, Dalmieny, NSW

Firewood has become expensive and scarce in some areas. Wood fires, used as a source of heating and sometimes for cooking, have increased in popularity over the past decade or so. The development of new designs has led to efficient, clean and easy-to-use heaters.

Growing trees for firewood is one option to overcome the scarcity of firewood, particularly on small holdings. Trees are a renewable resource and, if properly managed, can alleviate shortages of firewood, at least for individual consumption.

The typical household in Australia uses between one and three tonnes of wood each year, but this amount depends on the climate, the efficiency of the wood heater that is installed and whether or not the house is properly insulated. Insulation alone can save at least a tonne or more of firewood each year.

Yields of around twenty tonnes of wood (dried) per hectare per year are feasible with plantations. Trees grown for firewood do not have to reach maturity before they are harvested. Trees should ideally have several uses while they live – for honey production, for example, or for fodder, or they may serve as windbreaks, or for roadway screening. Trees with short boles, with knots, warps and splits are all useable these days in the slow combustion heaters.

Smaller logs may require no splitting; slow combustion heaters can take most logs, large and small. Small branches have their value too as kindling.

The trees can be cultivated in small lots. They can be planted and harvested on a short rotation – perhaps from five to ten years if they are properly managed. With domestic use only in mind, smaller, fast-growing species are ideal. They need not take up good agricultural land, as such trees can be grown on hills too steep for pastures. Trees for firewood can be planted initially as shelter belts and in those out-of-the way places on farms.

Since straight trunks and knot-free wood are not essential qualities for firewood, we can look to other desirable characteristics. Ideally, trees for firewood should have at least one of the following attributes:

- They should preferably have nitrogen-fixing ability, enabling them to grow satisfactorily in nitrogen-deficient soils. Acacias, being legumes, achieve this.
- Rapid growth is desirable. Again, many acacias, casuarinas, and some eucalypts fit this category and also have the ability to coppice. Most eucalypts coppice readily if cut at the right time of the year.
- The trees should have the ability to grow in degraded and deficient soils, as

it is unlikely that better land will be used to grow firewood trees. Legumes would be one answer. These trees (and in this family are included all the acacias, or wattles) provide nitrogen by means of nodulating rhizobium bacteria in their root systems. Eventually, some of this nitrogen is made available to other plants in the vicinity. Wattles are hardy, resistant to many of the ills besetting other farm trees, and are fast growing. The wood burns cleanly and readily without much splatter and crackling. Casuarinas too grow in impoverished soils and are excellent for firewood. Although casuarinas are not legumes, they nevertheless use a nitrogen-fixing bacteria, similar to that used by the legumes, and could be considered for planting in nitrogen-deficient soils.

Many eucalypts coppice time and time again without the need for replanting. The remaining stumps regenerate from dormant buds soon after cutting. The new shoots grow vigorously because they are served by roots that fed the former, much larger, tree. Cutting young trees generally results in a number of new stems from the remaining stump, most of which can be thinned out soon after development.

Eucalypts can, depending on the particular species and climatic conditions, reach a height of six or seven metres in

only six years, and contribute twenty to twenty-five tonnes of firewood per hectare each year. Several diseases and pests are known to reduce the growth of eucalypts. To help prevent insect attack, there might be considerable merit in not planting monocultures of eucalypts, but in planting acacias first, or a mixture of acacias and eucalypts. The added advantage here is that the acacias will provide nitrogen to the soil and thus to the eucalypts. And, being fast growers, will provide an early crop of firewood until the eucalypts are large enough to be harvested as firewood. The acacias will also attract birds which will lessen insect predation on the young eucalypts, and provide protection to the eucalypts from strong winds.

ESTABLISHING THE TREES

Establishing young trees direct from seed rather than planting seedling trees from a nursery has much merit, even allowing for some losses. Seeds can be purchased from seed suppliers or from forestry offices. They are cheap, and fifty grams of seeds should be sufficient for a substantial plantation of eucalypts. Acacia seeds are much larger, with fewer per kilogram, but are even cheaper. The seeds can be planted directly into the prepared ground after necessary pretreatment to ensure germination. Or, to achieve a better yield and greater success rate, young seedlings can be raised in nurseries and planted out later on. Planting at the rate of about 2500 trees per hectare – about two by two metre

spacings – will provide a substantial plantation for domestic use.

The young trees will need protection from grazing animals and from wildlife that will find the shoots attractive. The trees will also need to be protected from fire, and here proper safeguards, such as reducing long grass and establishing firebreaks around the perimeter of the plantation, will pay off.

SUITABLE SPECIES

Although woods such as red box and yellow box are readily sought after if they are available, other species may be preferable for growing, for a number of reasons including their fast growth rates, wide tolerance of rainfall, ability to withstand drought, and adaptation to a variety of soils.

Many of the eucalypts, casuarinas and acacias have woods that are compact and heavy, and can be made to burn at a steady rate. Of the eucalypts, those that should be placed near the top of the list include: *Eucalyptus globulus*, *E. grandis*, *E. fastigata*, *E. camaldulensis*, *E. saligna*, *E. obliqua*, *E. nitens*, and perhaps *E. muelleriana*. These species are all fast growing trees, with high yields; all need reasonable rainfall.

Casuarinas are suitable and give excellent firewood, just as do most of the larger wattles. Of the acacias, some of those that are suitable include: *A. melanoxylon*, *A. acuminata*, *A. dealbata*, *A. decurrens*, *A. elata*, and *A. mearnsii*.

And of the casuarinas: *Casuarina cristata* and *C. cunninghamiana*.

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AVOCADO

by Gaelle Murray.

Avocados originated in central America. They are a tall evergreen tree and are susceptible to root fungus and waterlogging, therefore grow successfully in well drained soils if they are protected from frosts and strong winds during fruit development.

Fruits mature from five to fourteen months after flowering, depending on variety. They mature on the tree and do not soften and become edible until fifteen days after harvest. Mature fruits can be stored on the tree for several months. In tropical areas where the rainfall is high, fruit development occurs during the highest rainfall.

Grafted trees of selected varieties are

preferred, because they begin cropping in three to six years. Seedlings may take up to ten years for the first crop to appear. Seeds germinate readily when the coats are removed and they are planted in a moist medium at about 28°C.

Avocado fruits are highly nutritious, containing from ten to twenty percent of polyunsaturated oil and high levels of protein and vitamins. They can be used in drinks, soups, entrees, main courses and sweets. In drinks they can be blended with milk or lemonade. Blend with lemon juice or onion to make an excellent dip. Make a delicious dessert by blending avocado with ice cream or incorporating into a mousse.

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HEALING FRUITS

by Gaelle Murray, Pialba, Qld.

Home remedies will probably always have a place in the treatment of humanity's aches and pains. The trend now is back to natural curatives. What we need may be readily available in the backyard.

Fruit can play an important part in our diet as well as being enjoyable and nutritious. Much of what we eat does help in the treatment of a variety of illnesses. Modern research has found that we humans are bags of water with vitamins, minerals, enzymes, hormones, proteins, fats and sugar floating about in us. We acquire many unhealthy symptoms along life's pathway, in each case some of these ailments can be righted by healthy eating. It's a matter of knowing the curative qualities that come with each type of fruit and vegetable. These can be used to advantage alongside the modern miracles of drug cures that reach us via the doctor. Listed below are some healing suggestions.

BERRIES

Many berries have nutritional as well as medicinal values. Cranberry juice is great for kidney problems and you should drink a glass a day.

Raspberry leaf tea is excellent for pregnant women. To make tea bring four cups of water to the boil, remove from heat and add six tablespoons of dried raspberry leaves. Steep for 40 minutes and drink twice a day to curb morning sickness or nausea.

Strawberries and raspberries are a perfect way of preventing tartar from forming on the teeth. Cut the berry in half and rub over teeth or mash to a pulp and gently apply with a soft brush. Leave on as long as possible then rinse off with warm water.



DATES

Dates are a sugary fruit and grow in hot dry regions. They have excellent laxative qualities. To relieve constipation or heartburn, just eat a few dates or soak a

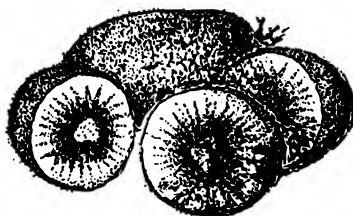
few in hot water for a couple of minutes then drink the liquid.

FIGS

Fresh figs have been a prized delicacy for thousands of years. Place a few figs in a saucepan and just cover with water. Bring to the boil and simmer on low heat for five minutes. Cover saucepan and allow figs to steep in the liquid until cool. Sip half a cup every four hours to relieve sore throats and lungs.

Ripe figs can be used, cut in half, to clean the teeth, by rubbing the cut side against the enamel for several minutes.

Figs have a sulphur compound called ficin which is valuable in the treatment of chronic joint inflammation and swelling of soft tissue. Soak about six figs in two and a half cups of boiling water to soften them a bit; then mash into a poultice and apply to any area of stiffness and soreness. Cover with a towel or flannel cloth and leave for half an hour. If you use a heating pad or hot water bottle with this poultice it will bring quick relief even to backaches.



KIWI FRUIT

Kiwi fruit also have a high content of potassium and are a recommended food for hypersensitive people suffering from high blood pressure. They are a good after-meal snack to relieve indigestion.

KUMQUATS

Eat two kumquats after a meal to help reduce high blood pressure or assist obese persons wanting to lose some weight.

LEMONS

Squeeze some lemon juice on a mosquito bite or a bee or wasp sting – any itching or pain will quickly disappear.

To help clear up a sore throat gargle with warm lemon juice.

PINEAPPLE

A slice of pineapple rubbed gently on a wart will remove it, although several applications may be necessary to be successful. If you have difficulty digesting starchy foods or some meats, a glass of mango or pineapple juice will bring quick relief after heavy meals.



RAISINS

Cold weather brings cold sores and chilblains – just leave out a dish of raisins on the table and nibble each time you pass them by.

Hope you all enjoy a healthy and fruitful life.

TOMATOES

The tomato is easily the most popular fruit throughout the world and is a versatile addition to any meal. Tomatoes also have excellent healing properties. They have a high content of potassium, therefore having a positive influence on the kidneys and helping to reduce high blood pressure. For this use two ripe tomatoes, blended with one teaspoon each of ground tarragon, paprika, turmeric and basil, one tablespoon of lemon juice and two-thirds of a cup of spring or distilled water. This is a zesty beverage with 1200 milligrams of potassium and only 15 milligrams of sodium.

For those who eat too much animal fat and deep fried foods, the tomato can help dissolve the fat, thus assisting in the prevention of hardening of the arteries.

WATERMELON

To quench the thirst during heat waves, remove the flesh of watermelon from the rind and mix with crushed ice in a blender.

RECYCLE OLD BRICKS INTO COMPOST BINS

by Ron McBeth, Wapengo, NSW.

In the process of cleaning up my newly acquired farm I found heaps of beautiful old bricks which will come in handy for paths, or a new wall, or something. But, many were damaged or had mortar on them too difficult to remove. What to do with them?

The really bad ones I crushed with the blunt end of my crow bar and used for a red crushed-brick path. This took weeks and I developed shoulder muscles like you wouldn't believe.

Those bricks in reasonable condition I dry-laid on firm level ground in a hexagon (eight-sided) pattern to form demountable compost bins. They are roughly 10 bricks high and a bit wobbly sometimes, but with patience and by careful selection of bricks they are quite stable. If in doubt keep the structure low.

When it comes time to dismantle a



decomposed bin and use that lovely compost you start to build a 'new' bin next to it so you don't double handle. No sense in wasting energy unless you have

to. If you are really efficient you can start this as the filled bin gradually subsides by removing excess bricks from the top and following it down.



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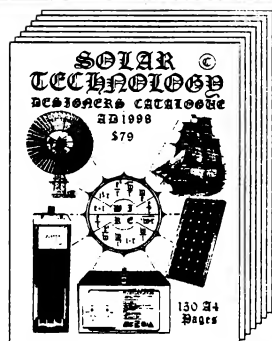
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PENDULUMS

by Marly Wright, Maryborough, Vic.

In the previous issue I wrote about Zenor cards. The use of pendulums is another form that ESP takes and I use it for fun. Some people prefer divining rods, but as I have yet to master them I will continue with what I have learnt from experience.

Basically, you can use anything for a pendulum: a rock, a nail, a short pencil, a ring and many other items. I chose a polished clear quartz crystal because I feel that when I use it we are both on the same energy vibration.

The answers to your questions are limited to 'yes' and 'no', so questions should be asked with that in mind. I have also found that sometimes the pendulum will 'play tricks' on me, so I always start by asking if it will 'tell me the truth' in the answers that it gives me. If I get a 'no', then I thank the pendulum and put it away until later. The yes/no sequence varies with each person using it; for some it will go from side to side for 'no' and backwards and forwards for 'yes'. For me it goes anticlockwise for 'no' and clockwise for 'yes'. To find out how it will work for you, ask it a question to which you know the answer will be 'yes'.

The pendulum can also be used to find minerals, water, lost items and for map dowsing, and of course many other applications that I haven't got around to trying yet.

The length of the string is important. Different things react on the pendulum when the string is the right length. For

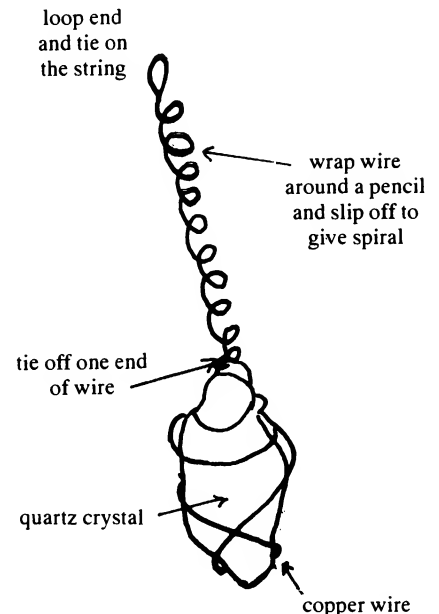
example, beach pebbles react at 35 centimetres; colours react at: 25 centimetres for red, 50 centimetres for white, 75 centimetres for green, and 100 centimetres for black. For each person the lengths will be different, so I suggest tying a knot in your string at every two centimetres from about 15 centimetres from the pendulum. I know it takes a little time, but it pays off when you want to do a quick calculation.

To make up your pendulum, just tie the string around it. If you want a really pretty one, try using a length of copper wire from an old electrical offcut. I used about 30 centimetres of copper wire (good conductor), and wrapped it around my quartz crystal, twisting it tightly so that the crystal is held firmly. Then using a wire-cutter, cut off one piece of wire, and fold over so that it cannot jab anyone. Wrap the remaining length round and round a pencil in a spiral, then slide it off. Put a loop on the end of the wire to thread your string through, and it's ready to go.

I usually hold the crystal in my palm to warm it and to get our energy pattern to balance. I never let anyone else use my pendulum, but if you do, don't forget to 'clear' your crystal before you use it again as it will pick up the other person's energy vibrations. This can cause you to get mixed messages. To clear it, just put your crystal into a weak apple cider vinegar solution for ten minutes then rinse in clear water.

These crystal pendulums make a

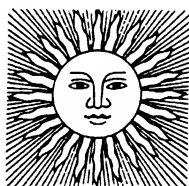
Diagram for Crystal Pendulum



lovely (and interesting) gift, especially if it's put in a pretty box lined with green felt! There are ready-made pendulums that you can buy, but even the most expensive one won't improve a talent developed by experience. So practise – often! The more you practise the more accurate you will be. If you can, surround yourself and your pendulum with white light before you start. By 'tuning in' this way, you will find your concentration will be much sharper. Most of all, enjoy your new hobby!

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MATS FROM RECYCLED POTATO SACKS

by Jeanette Morris, Newport, NSW.

I do a lot of craft and thought readers might be interested in this idea for recycling potato sacks into mats. I've sold quite a few of them at various shops and they are handy for the home and fetes.

The sacks are obtainable from some hardware stores for about 80 cents, otherwise ask your greengrocer if he can obtain some for you.

These sacks need to be washed thoroughly – I use wool detergent, hot water and a fabric softener. I then partly dry them in the sun, if using natural colour or dye them in a large saucepan – not in the washing machine as the fibre clogs the machine. Edges fray, so, if I do not intend to use fringing, I undo bags and use the string to turn under other edges. The sides of the bag are already hemmed.

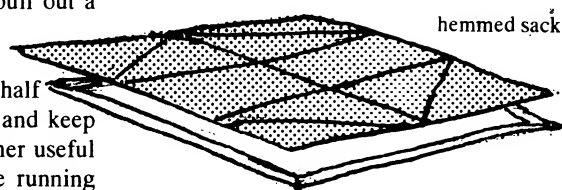
Before beginning an embroidered design you need to work out your pattern on paper first and then measure and divide up spaces to be worked in. I improvise, but this takes experience. The edges to be fringed must be even and

sewn with blanket stitch so they will not fray. To make a straight line pull out a strand of string and pin.

The main stitch used is cross stitch (mostly about a half centimetre but can be smaller and keep the stitches the same size). Other useful stitches to vary the design are running stitch, blanket stitch, and I use a daisy stitch. Usually, I embroider the light colours first and then sometimes I over-stitch with darker ones. I use embroidery wool and a special needle from a craft shop.

When the embroidered design is completed the mats have to be lined with calico or suitable fabric – gingham can be nice – stitched on to the back of the mat. You must turn the edges of the calico under first, or course. You can do runner mats, table mats, cushion covers, floor mats, and I use one to put over the divan back, which looks nice. They can be washed in warm water using wool detergent.

Finishing Your Mat

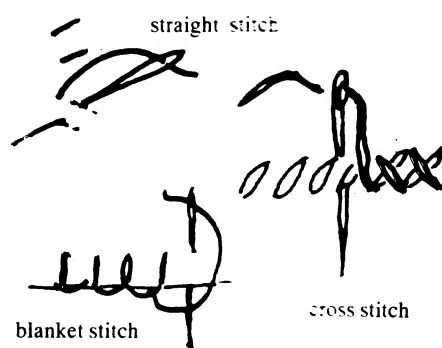


hemmed sack

lining with edges turned in

pin together and sew

Embroidery Stitches



straight stitch

blanket stitch

cross stitch

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BALCONY GARDENING

by TammeY & Gregg, Chermside, Qld.

Just a few words to let even the most wary reader know that it is possible to grow organic vegies on a top floor balcony that gets a bit of morning sun and a lot of afternoon breeze. My partner Gregg (26) and myself (21), live in the suburbs of Brisbane. We live in a small unit with two balconies around four metres long, one receiving no sun at all. We started getting *Grass Roots* earlier this year after being motivated by my father, who has given us lots of information to steer us towards a GR lifestyle.

Our first step was to go to the Brisbane Organic Growers Group annual fair to get some information on how to start. We sat in on talks where we were thrown chillies and passion fruit (thanks to my active listening), bought seeds, talked to stall holders, bought two bloody great bags of potting mix (from worm farmers) and a book – *Organic Gardening*, by Peter Bennet.

Still virgins to the whole gardening thing, you must remember, we found it hard to find information that starts at our level. On the way home we realised that we had nothing to grow all this in, so we called into the local fruit shed and got some foam boxes and potato sacks. Unfortunately, the grocer kept giving us brand spankers, not a cut, no holes, as good as new! Gregg didn't want to use them, saying, 'They're as rare as hen's teeth'. So we had to go back and get some more.

We were so eager to start that we couldn't even wait to read the book on how to do what and when and where. We were informed from the people we bought the potting mix from to drain the super strength mix through with water first and keep the residue as fertiliser when needed. That took so long, and Gregg was as impatient as a little kid. We planted pumpkin seeds (Golden Nugget), herb seeds, and spring onions all in the same small box.

Over the next couple of weeks, while impatiently waiting for something to surface, we acquired more foam boxes, second-hand pots and sacks so that we



TammeY, excited about her balcony gardening experiments in Brisbane. She'll keep us posted on progress.

could really get going. Just recently we had to repot our cluttered mess into larger pots, with our new entries of tomatoes, tomatoes and tomatoes for the sole intention of giving them to friends and family. Pickling, drying even freezing, the sky's the limit!

We dried the chilli seeds before planting and they have come up in abundance. The passion fruit though, we put in pulp and all (we weren't patient enough again). We plan to give our extra chilli plants to friends who gave us the tomato seeds. Our lettuce is growing slowly, and we have an onion sprouting in the cupboard and are still unsure of what to do with him. Maybe we should read that organic growing book after all.

We only have limited space and are

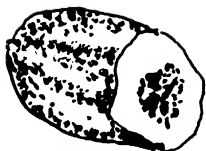
still unsure of how much room they'll all take up, but we haven't had any casualties yet! We found small biting insects around the base of our vegies; we waited though, not wanting to kill anything, and now have found lots of other insects have moved in (mainly spiders), so we think it's all panning out.

We wish so much we had our own piece of dirt, to live the life we both hunger for. Hopefully, our little rows of foam potato-bag-lined boxes will keep our spirits high for now and produce a dent in our food bill. Our total outlay for everything, including the book, has come to \$40. It has already produced a hobby and a lot of fun for us both. If we can get this far on a low budget then anyone can. We'll keep you posted.

GARDEN BOUNTY

Cucumbers

by Cheryl Beasley, Karalee, Qld.



CUCUMBERS

Cucumber is renowned for its soothing and cooling abilities. It has good healing properties and is easy to grow in the garden in most areas. Cucumbers like a good soil with plenty of organic matter and regular mulching. Water them well during growth and they will reward you with good cropping. Grow with peas and beans.

Cucumber Toner (dry skin)

Juice a medium cucumber and add to this juice one cup of cool mineral water. Use this mixture as a toner after cleansing or just to freshen the face throughout the day.

Cucumber and Cream Pack (nourishing mask)

Mash half a cucumber and drain off some juice, add to the pulp enough fresh cream to make it creamy and usable.

Apply evenly over the face and neck. After twenty minutes rinse with cool water and pat dry.

This mask is good for nourishing older skin and dry skin can also benefit from its use. Try it weekly for best and lasting results.

Cucumber and Mint Mask (oily skin, open pores)

Mash half a cucumber and drain off a little of the juice. To the remaining pulp add two tablespoons of finely chopped mint. Spread the mixture over the face and leave for twenty minutes to invigorate your skin. Rinse with cool water.

Add more cucumber juice if the pulp is too dry.

Cleansing Lotion (oily skin)

1 cucumber
1 tbsp plain yoghurt
1 tsp brewer's yeast



Juice the cucumber and add to the yoghurt and brewer's yeast. Mix well and use this to cleanse the skin nightly and in the morning. Keep in the fridge for freshness. This cleanser will not keep well so make it regularly if you enjoy its benefits.

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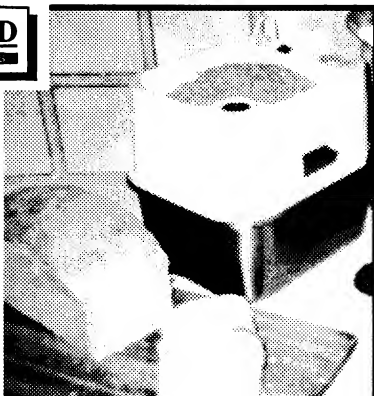
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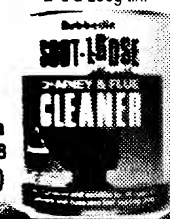
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WETLANDS

A new booklet produced by the Land and Water Resources Research and Development Corporation outlines a simple technique to aid restoration of degraded wetlands. Anyone having a property incorporating such an area, or who is otherwise involved in wetland management, can obtain a copy of the booklet by phoning the Department of Primary Industries and Energy on 1 800 020 157.

The NSW Wetlands Management Policy was released in 1996 and later the Wetlands Action Group was set up to promote the Policy and to encourage field-based activities. The group has supported and funded a number of community projects in coastal and inland NSW.

For a copy of the Policy, information on WAG, or copies of the Draught Wetland Action Plan contact: Laura Torrible, ph: 02-9895-7183.



BRAZILIAN DEFORESTATION

Satellite images reveal that the Amazon rainforest continues to disappear at an alarming rate. Although there has been a 20% reduction in deforestation during the last two years, caused, say environmentalists, by adverse weather conditions interfering with logging and burning, in 1997 an area of 1.27 million hectares was still denuded.

NATURAL GAS VEHICLES

Motor vehicle manufacturers throughout the world are vying with each other in the production of environmentally less damaging engines. Thus far most of these efforts have gone into the manufacture of commercial vehicles having low or zero emissions. While some passenger vehicles have been developed and trialled, and are even available for purchase to those willing and able to pay, options for ordinary car buyers in Australia have been extremely limited.

A step in the right direction has been taken with a recent commitment by the Federal Government to establish a natural gas refuelling network, to begin in the south-eastern Sydney to Melbourne corridor. Coinciding with this project, Volvo has released the first factory-built car to be sold in Australia which can run on unleaded petrol or natural gas. The two-fuel system gives the vehicle, the S70 Bi-Fuel 850 Sedan, a 240 kilometre greater range than the petrol powered model. Fuel choice is made by a simple flick of a switch while the car is under way. While running on natural gas, hydrocarbon emission is reduced by 80%, nitrous oxide by 50%, carbon dioxide by 20%, and carbon monoxide by 53%.

COTTON CROP CONCERNS

With cotton cropping set to expand in Queensland serious environmental concerns have been raised. In the Fitzroy Catchment area there is a proposed threefold increase in the area under cropping. Concerns centre around fertiliser and pesticide runoff into the river system. Fertilisers increase phosphorus and nitrogen levels, causing algal blooms that decimate natural riverine ecosystems. The pesticides contain endosulphan, implicated in the mass fish kills on the Sunshine Coast several years ago, and atrazine which can inhibit plant growth. Dams associated with the proposed project would change the water flows in the river system with as-yet unknown effects on fish breeding and migration and estuarine ecosystems.

Because the Fitzroy River discharge flows towards the Keppel Island group, reef systems could also be threatened. The Great Barrier Reef Marine Park Authority is monitoring the situation and recommending studies be undertaken before the dam proposals are approved.



SEA LION DEATHS

A mysterious disease has killed over 1200 sea lion pups on Dundas Island, 320 kilometres south of New Zealand, giving an estimated mortality rate for this year's pups of 45%. The disease does not appear to be affecting adult sea lions at the same rate. On a nearby island the mortality rate was approximately 41% for pups with some dead adult females being found. The species, Hooker's sea lion, is considered rare, with a population of about 15,000 in New Zealand. Theories for the cause of the deaths range from a virus or a sea algae, to the warmer El Nino weather pattern being responsible for a toxic bacteria in shellfish or a dangerous algal bloom.

BOX IRONBARK WOODLANDS

Victoria's box ironbark woodlands are in critical danger, with 85% having already been cleared for agriculture and 72% of the remnant being on public land, most of which is open to exploitation by logging, mining, grazing and firewood harvesting. These woodlands support a high number of species of flora and fauna and diverse ecosystems and are home to 160 threatened species as well as many others known to be declining. The small area of forest protected by permanent conservation reserves is not enough, say conservationists, to prevent a wave of extinctions of other species dependent on its habitat.

For more information about the issue and how to make a submission to the Environment Conservation Council's investigation into public land use contact Charlie Sherwin on 03-9650-8296.

TIMBER FROM PHONE BOOKS

A CSIRO project in Melbourne has developed a timber substitute made up of 60% recycled paper (old phone books) and plastic milk containers. The resultant 'timber' is strong, waterproof, can be processed into a range of shapes, and can itself be recycled.

Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

FATTEN UP A DOG

I hope you can help. My son has an 18 month old dog – Bull Arab/Bull Mastiff/Rottweiler cross. He is a lovely well trained and cared for dog and weighs 55 kilos. Two problems: how to fatten him up a bit and what sort of diet and how much; hair loss all year round, is this a dietary problem?

**Shirley Trewin,
BAYVIEW HEIGHTS 4868.**

I suggest that you buy 'Natural Pet Care' (available from Grass Roots). In it you will see suggestions for the correct feeding of dogs. It all starts with buying a very plain biscuit made by Farrells, a division of Arnold Harper Ltd, either the kibble or the four-by-twos. This may be fed on demand. The dog may have vegetables such as you eat, added to cooked brown rice, and very small amounts of kelp, dolomite and sulphur. It should have about a teaspoon twice a week of cod-liver oil. Get about 6 cm of copper pipe (conduit will do) and keep it in the dog's water bowl, which should be rainwater in a ceramic or glass bowl.

I cannot really comment on your dog unless I know exactly what it is fed. The usual scenario is that dogs fed on proprietary feeds and too much meat become ill. I do not advocate butchers' meat for any animal, they are supposed to eat meat on the hoof so to speak. I can only suggest that you buy the book and get in touch with me by phone and I should be able to help.

Hair loss at any time is a dietary problem, but this can be and usually is induced by the wrong type of feed and too few of the right minerals. Again, I cannot comment until I have spoken to you.

Pat Coleby.

STORM AFFECTED EGGS

I was wondering if it was true that thunder storms stop chicken eggs that are under a broody hen from developing and hatching?

**Angela Gresford,
SUNNY CORNER 2795.**

Chicken keepers have long subscribed to the belief that thunder kills the germ in setting eggs or even the developing embryo. There currently appears no scientific explanation for this, however, more information may come to light in the future. Neither commercial producers nor trained poultry advisers believe storms have a lethal affect in setting eggs, and suggest that the accompanying change in humidity may effect the eggs. There is also the possibility of the hen leaving the nest for a prolonged period as a result of being disturbed by the storm. We would be happy to hear from readers on this problem.

Megg Miller.

SHEEP AND KIKUYU GRASS

I read with interest Pat Coleby's Livestock Health and Management column in GR 123. I am very interested to know why it is that kikuyu grass 'kills or makes stock pretty unthrifty'. I run Wiltshire Horn sheep, and recently have sown some kikuyu. How suitable is kikuyu for sheep? How do you counteract any possible negative effects on sheep? Does practising biodynamic farming methods change anything you have said regarding sheep and kikuyu? What feed do you recommend/not recommend growing for Wiltshire Horn

sheep in a (70 inch) subtropical summer rainfall climate?

**Michael Davis,
MALENY 4552.**

The table below, compiled by Dr Ross Mackenzie was originally compiled for horses getting Nutritional Secondary Hyperparathyroidism. In other words, the African grasses with the exception of Flinders and Rhodes cause calcium (and magnesium) and iodine depletion. This has been found to cause trouble in all kinds of livestock, not just horses. Kikuyu as you will see from the chart is one of the worst, it also grows on very poor land. This is why these type of grasses were first brought here.

The answer is to have the land properly analysed for minerals (SWEP are the best independent firm in Austl.) and then top dress the lime minerals according to recommendation and other grasses, more suitable to a European species (which are used to well balanced grazing) will be able to grow.

Subtropical conditions are not really the ideal for an English sheep, they will need to have a lick that is in my book 'Healthy Sheep Naturally', made up with half the amount of copper (ie 2 kg instead of 4) available at all times. Good grass hay, not lucerne, which is also goitrogenic (iodine depleting), and probably a little hard feed made up from oatens chaff, lucerne chaff and bran at least until the land has been analysed and remedialised.

The latter is very important if you are biodynamic, because that form of farming was first invented, for want of a better word, by Rudolf Steiner in a very fertile part of Austria – as different as it is possible to be from Australia – and biodynamics always responds really well when you have remedialised. I have many BD farmers on my books.

Pat Coleby.

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Para	0.75	0.29	-13.4	24
Kikuyu	1.30	0.23	-22.4	20
Buffel	1.42	0.22	-22.6	16
Narok Setaria	1.81	0.15	-14.2	32
Kazungula Setaria	2.82	0.97	-30.3	3

CA = Calcium

FEEDBACK LINK-UP FEEDBACK

Dear GR & Readers,

I've been reading GR on and off for years now but have only just started collecting it in the past 12 months. What a wonderful breath of sanity this magazine is in a world full of tabloid sensationalism. My only complaint is having to wait two long months between publications.

My man and I live in a small coal-mining town in central Queensland and it's so hot around here (38-40°C) that even the cat has taken to lying in a puddle of water when we put the sprinklers on! We're starting a veggie garden, but will have to wait until the weather cools to plant. Things either bolt or burn in this heat. In the meantime we're building the garden bed up with lots of scraps and grass clippings. Come autumn and a metre of good loam, relocate more worms from the front garden and plant in late winter for a (hopefully) wonderful spring crop. Any tips for successful gardening in this area would be appreciated. We have short, cool to cold winters, long, hot summers not much rain but, luckily, no shortage of water. We're allowed to water 24 hours per week.

To Jennifer Midgley: re **RAKU GLAZES**. Check out your local library. There are countless books and magazine that deal with every facet of pottery and raku is just one part. Making your own glazes is easy, just remember to take normal safety precautions when using dry ingredients. If you run into any problems, please contact me.

I'm after some seeds from a beautiful climber, known as **MEXICAN ROSE**. It is not related to roses at all, but is a vigorous climber with masses of small, bright pink flowers similar in looks to wisteria. I'll gladly pay postage if someone can help. I used to grow one when I lived on the Gold Coast. Maybe someone down there has a few seeds.

To anyone interested in **TANNING, LEATHERCRAFT** etc, beg, borrow or steal a copy of *The Bushman's Handcrafts*, by RM Williams. It's an old book, first published in 1943 and my copy is from the 1977 reprint. There are diagrams and instructions for making everything including belts, whips and saddles. There are even full instructions for making the famous RM Williams' elastic-sided boots!

Terri Guest,

11 Conachan St, BLACKWATER 4717.

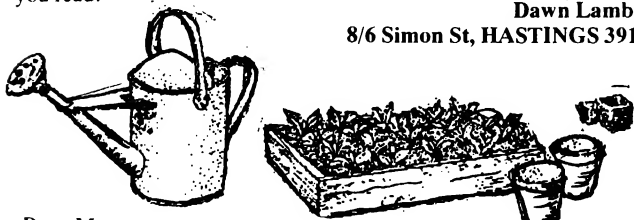
Dear Grass Roots,

I have **JUST DISCOVERED** your magazine! I know – where have I been? I bought five copies at the Bittern Market last week and I'm hooked. Would any readers have back issues they could part with? I am a foster parent and my way of 'switching off' is to get into the garden or the shadehouse, get my hands dirty in the potting mix, potter around with my seedlings and wait and watch my seeds sprout. I only have a tiny garden but big plans.

Thanks for such an interesting magazine – I believe you are what you read!

Dawn Lambie,

8/6 Simon St, HASTINGS 3915.



Dear Megg,

For Maureen Schmidt and other lovers of faggots. There is a version of the recipe on the Internet, in the Welsh section of The Searchable On-line Archive of Recipes. (Home page is <http://www.soar.Berkley.edu/recipes/>) If you don't know how to access the Internet, it's worth learning. Amongst other benefits, you will never again want a recipe, for anything.

In French cooking, faggots are called crepinettes and Jane Grigson's *Crepinettes and French Pork Cookery*, has some delicious recipes.

To **MAKE FAGGOTS** (and crepinettes) make a forcemeat with whatever you have, divide the mass into balls about three-quarters the size of a golf ball. Wrap each in a piece about 10 centimetres

square of the omentum of a pig. Pack the faggots in a flat pan, fill with water about halfway up the balls and simmer in a fairly hot oven till cooked. Serve with mushy boiled peas and mashed potatoes. Comfort food.

There might be some difficulty in obtaining the wrapping. The official name is omentum, the commonest trade name is probably caul, but other things including birth membranes are called caul. What you are looking for is a clear filmy membrane, with thin lines of fat on the surface so that it looks like a lace shawl. Each pig has a piece about 60 centimetres square in its abdomen.

There are several ways of getting a piece of omentum: 1) kill your own pig, 2) have a good friend who does, 3) have a very friendly butcher, 4) find a butcher who caters for the Chinese community.

Barrie Mather,

**RMB 3006, Harry's Creek Rd,
VIOLET TOWN 3669.**



Dear GR Folk,

The generosity of GR folk is really wonderful, but could you read your district's **ENVIRONMENTAL WEED** list before you happily plant newly acquired seeds or rootstock.

Tagasaste (tree lucerne) was requested by a reader and it is widely promoted as additional fodder for small holdings, but is now classed as an environmental weed in our shire and is not permitted to be grown, along with 199 other pretty or productive plants such as agapanthus, banana passion fruit etc. What a Pandora's box we could open if we planted a potentially damaging plant. Even some Australian natives have gone feral when planted outside their natural territory.

Please do not use old carpet or old tyres as garden weed mats, with the tyres plants are often grown in them. The dieldrin is dangerous to health and leeches out of old carpet into the soil, ruining it forever. Cadmium leeches out of old tyres.

Recently, on a TV gardening programme **WOOD CHIP MULCH** paths were promoted. The chips and sawdust from your woodheap make excellent paths. It takes a week to pack down and a fresh application annually is required. The only thing against this idea is if you live in a bushfire prone area and have woodchip paths leading up to your house.

What has happened to the old art of wire plaiting? My father plaited no 8 fencing wire into **TOASTING FORKS** for each of us when we were children and we had fire lighters made in a similar style.

The oblong end of the firelighter was packed with a plaster/sawdust mix; soaked in a fruit tin of kero and used to light the fire, making sure you didn't leave it in the fire too long.

Thank you all for continued interesting letters and articles. GR is still a joy to read.

June Connelly,

60 Braeside Dr, LAUNCHING PLACE 3139.

Dear Sir,

I am writing to you to ask you if you could publish a bit of info on **EARTH-COVERED HOMES**. We are wanting to build one ourselves and thought you may be able to bring an issue out with some info on these type of homes. Also, could you tell us where we could buy plans concerning this type of home? Love reading all issues.

R Wright,

4 Dell Crt, BEACONSFIELD 4700.

Many people ask for this info. We would like to be contacted by someone who has actually built in this way. Meanwhile, try to get a copy of the book, *'Australian Earth-Covered Building'*, by A J & D Baggs, NSW University Press, PO Box 1, Kensington, NSW 2033.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

Has anyone had any experience with **BAMBOO FLOORING**? Would like to know please, any information appreciated.

**Meegan & Peter,
PO Box 148, RAVENSHOE 4872.**

Dear Grass Roots,

I've only just begun reading your wonderful magazine and think it's amazing. I love it. It holds all the encouragement and about the only encouragement actually that myself and my husband receive to keep us dreaming of one day bursting from suburbia and supporting ourselves from the land and passing these desires down to our three children. We've managed to move a little out of town (Albany), out here to the township of Lower King. You can live here and **ASPIRE TO BE RURAL**. It's still just suburbia really, but not so crowded and you can see the smaller farms and fields around that we aspire to. Actually, in the direction of our dreams I have a question for readers. Has anyone used horse and cart/pony and cart as a means of transport, and how practical is it? How difficult? We have a small pony harness club where we are and the ladies there go out once in a while. But I'd love to hear from people who aspire to, or who are, lucky them, living a very simple, back to basics life where meals are cooked and the effort is not given grudgingly, where the pace is slowed, the vegies are planted and the fruit trees blossom and bud while the jars are gotten ready to receive their produce. If people of this persuasion could share their experiences with me I would be very grateful as my husband and I are very aware of what rank amateurs we are. Thanks for your great magazine again! Keep it up!

**Danielle Fowler,
5 McKenzie Dr, LOWER KING 6330.**

Dear Folk,

I am a 40 year old fit and healthy single mum with three children aged 3, 8 and 13. I've come to a conclusion that mainstream western society does not work, and I wish to **EXPLORE ALTERNATIVE COMMUNITIES** in 1998. I'd describe myself as a New Age Grass-roots person. I'm into holistic healing with my main focus being vibrational healing (Reiki, Seichim). My other interests are tai-chi, meditation, spiritualism, didgeridoo and indigenous cultures and spirituality (especially North American & Australian Aboriginal). I would like to enjoy my life more fully and share my love and healing with others.

I'm seeking to be part of a community of spiritually aware (not religious) people who are committed to personal growth and wellbeing, where my children and I would be part of an extended family (tribe). I'm not into any mind altering drugs. Ideally this community would have access to a beach, river or lake, alternative education for my children and plenty of support services and opportunities for developing our potential (LETS system?). I'm not so fussed about power or living standards. I want to get back to basics and live a simple lifestyle with personal freedom and responsibility.

I also need advice on education options for the boys, especially whilst travelling as it could take a while to find the right community. I'm planning to spend up to 12 months exploring.

I own my own home on about an acre in a small country town. I'm looking for an honest, reliable and responsible person/s who may wish to lease the property for 12 months minimum, with perhaps an opportunity to purchase after that. There is plenty of room for kids, animals and vegie garden. It's a really nice spot, walking distance to primary school and fishing/swimming hole. It would be an ideal opportunity to try out a country lifestyle.

**Julie Gyles,
C/- PO, DUNOLLY 3472.**

Dear GR,

Hubby and I are considering building a **CAMPING TRAILER** or a unit to go on the back of our old Toyota Trayback. If anyone has any plans, good ideas or suggestions that they would like to share, we would love to hear from you.

I'm also after a tried and proven **HOMEMADE HYDROPONICS**

MIX as I would like to have a try at hydroponics and compare the results with my organic produce.

**Cheryl Tonkin,
Joneil Farm, High Chapparal Rd, MYOLA 4872.**

Hello GR Folks,

Still enjoying the magazine, as I have done for about 20 years now. N Ross (GR 124) whose husband is in hospital for tests re **IRRITABLE OR RESTLESS LEGS** may be interested in this information from Dr Phyllis Cilento's book called *Lady Cilento on Vitamin and Mineral Deficiencies*, ISBN 0 85896 964 5.

Dr Cilento describes the condition and quotes the US doctor, Samuel Ayres Jnr, MD, Emeritus Clinical Professor of Medicine (Dermatology) of the University of California, who reported on nine cases in the *Journal of Applied Nutrition* (Autumn 1973). This doctor was a sufferer of restless legs and discovered the benefits of vitamin E for the syndrome while treating patients for skin diseases. Dr Cilento goes on to say: 'In my own limited sphere I have found the same results. So if you are a victim of restless legs at night, it is worthwhile taking 400 to 1600 mg a day of vitamin E, according to results.'

Please remember, it is always wise to consult a doctor who is familiar with one's own health before commencing any course of treatment. Good luck.

**Lynne Provan,
PO Box 866, CALOUNDRA 4551.**



Dear Megg,

I have enjoyed reading *Grass Roots* so much and as a new player 'living on the land' it has been more helpful than you could ever know.

We are trying to **GROW ECHINACEA** as a cash crop and can find out very little basic 'how to's' so it's a question of trial and error. My last three lots of seeds planted carefully to raise seedlings, have ignored my tender ministrations and vanished into the great void where unproductive seeds go. So I am currently planting again, but this time directly into the ground, so... time will tell. Anyway, I only mention this as the reason for requesting articles on echinacea.

On the plus side, thanks to the wonderful information in *Grass Roots*, we have a very productive and interesting vegie garden and four very healthy chooks producing four eggs daily without a break for the last twelve months. I think they feel sorry for us and hate the thought of disappointing their 'mother', and they know that when their time comes, they will die of old age. A trap for new players: giving your 'girls' names (who could eat Henny-Penny's). Last year we had great plans for Christmas hams, bacon, chops and so on, but P1 and P2 were so playful, friendly, affectionate, ended up giving them away... someone else could, we couldn't!

Even in a drought declared area, the elements have been kind the last two months and the water tanks are full and the dams look healthy. Of course, we need more, who doesn't! Even the green frogs are working on their little voodoo ritual, flapping their arms in deep concentration and chanting 'rain, rain, rian'. Come to think of it... that's probably why we've had rain!

Eness Douglas.

Dear GR,

I was wondering if anyone could help me with information on **VENDOR FINANCE** and how to go about it. Where are the cheapest places to get **FEATHERS AND BEADS**? I want to make American Indian jewellery. If anybody has any ideas feel welcome to write. Does anybody have herb seeds to spare?

**Mrs V Marshall,
PO Box 1172, BOWEN 4805.**

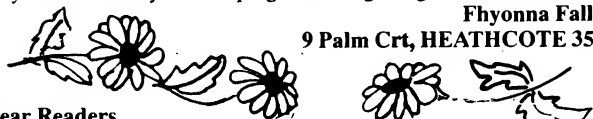
FEEDBACK LINK-UP FEEDBACK

Dear Readers,

My children and I are vegetarian and I am finding it harder and harder to reconcile my dogs and cats eating meat with my beliefs and so would like to hear about **VEGETARIAN DIETS FOR THE ANIMALS**. I also home school my two youngest boys of 10 years and 12 years. I would like to follow the Steiner programme and do so to a certain extent, but would like to be more rigorous about it. If anyone knows what their curriculum is or how I would go about finding out, please would you let me know.

Thank you GR for this marvellous mag. It has been an incredible help to me in bringing up six children on my own. I'm certain I would never have found out half the knowledge and money saving hints without it. I'm sure you understand that bringing up six children on one's own, with no family around (they were back in the old country) left me feeling rather drained sometimes, but getting my *Grass Roots* mag used to give me a real boost. Reading about other people and the ways in which they were coping was like getting a letter from home.

Fhyonna Fallon,
9 Palm Crt, HEATHCOTE 3523.



Dear Readers,

I'm seeking information on the **PRESSING AND DRYING** of flowers. Although I pick only afternoons on sunny, breezy days when I'm sure that the flowers are thoroughly dry, then press them in telephone books, I'm still disappointed at how often they discolour or brown.

Generally though the flowers turn out very average, having lost a degree or two of brightness, and on rare occasions I produce a flower or two on a page of 'average' flowers having all the brilliance of the fresh-picked flower.

I'm also seeking information on the **BEST WAY TO STORE QUANTITIES OF THE DRIED FLOWERS** until they're used in craftwork. At the moment I'm storing them loose in small boxes with a silica bead sachet and a few grains of moth flakes, but feel this is not ideal. Am concerned at mice getting into the boxes, that flowers may stick together if the weather becomes damp, or that the smell of the moth flakes may permeate the flowers. Leaving them in the telephone books is not an option as I need to re-use the books for more flowers, and because of the bulk.

Please could anyone who has achieved excellence in drying flowers in quantity write to me and share some of the finer points of the art?

Lastly - I'm sure that there are a lot of others out there who suffer from **ARTHRITIS** as I do. Recently I've read a book called *The Arthritis Breakthrough*, by Henry Scammell and Dr Thomas Mcpherson Brown, MD. For about fifty years Dr Brown successfully treated arthritis patients with Tetracycline or Minocycline, maintaining that arthritis is a bacterial allergy. He said that the normally prescribed anti-inflammatory drugs merely mask symptoms while the damage still goes on, and that they can meanwhile cause other terrible health problems.

An acquaintance has been treated with Minocycline and says her arthritis has gone and she feels completely healthy again.

I am interested to hear from others who have had this treatment, to know what the results have been, whether good or bad. Our local doctor is very dubious about the treatment. I will try to answer all letters, and will write in a summary to *Grass Roots* so that other readers can benefit from the information I've been able to collect (no one's names will be mentioned of course).

Lastly, I am trying to discover any **PERENNIAL VEGETABLES** which would grow and produce well south of Adelaide. I have a perennial chilacayote vine which produces mellow flavoured marrows each autumn, and an onion which easily reseeds year after year and keeps us in green onions most of the year. Have also just discovered Yates perennial silver beet. Are there other vegies which will continue to be productive for more than one season?

In one experiment I have done I cut my cauliflower crop leaving

the stem parts of the leaves. Only one plant survived until the next season but this produced nine medium sized heads of caulies. After this the plant sent up a mass of new growth from the base. I discovered that these were actually plantlets, which I have planted out separately. So far they are growing healthily and I await the result! It seems to me that if there are vegies which will keep on producing like this it is an advantage to grow them. I look forward to hearing from you.

L Zinnack,
PO Box 309, KINGSCOTE 5223.

Dear Grass Roots,

I would like to know more about the **USE OF GREY WATER** on suburban blocks. I am really only interested in being able to divert some laundry and bath water to the garden. The rest of the water seems a little too grey for me. I note Glen Marshall (GR April/May 1996) wrote about compiling a booklet in the future. This would be probably much too ambitious for me. I wondered if you could arrange for him to write an article or two on this matter in *Grass Roots*. As you can see from above, I would be interested in a very simple system that allowed me to re-use just some of the water used by our household.

Phillida Sturgiss-Hoy,
198 Dryandra St, O'Connor 2602.

Hello Readers,

I'm looking for the recipe to make **CRYSTALISED GINGER**. Could anyone kindly give me the info on how to do it please? I tried my local library without success.

Gaëlle Murray,
PO Box 1180, PIALBA 4655.

Dear Editor,

My son has a small property of about ten acres. The house has just been renovated but needs painting and carpets (all supplied) and the garden established.

The property is near Camperdown Vic, half an hour to various towns, isolated but a few neighbours, a school bus at the door. Two large lakes in walking distance. He is looking at a sort of **CARE-TAKING ARRANGEMENT**, rent free except for rates and insurance (both very reasonable) in exchange for work. I'm not sure how to help. Do you have positive feedback from similar ads?

Enclosed photo of two of my little boys (foreground) Mercury and Hermes. I think that green stuff on the ground is called grass? Haven't seen it for so long I've forgotten.

Carol Lucas,
Nirvana, PO Box 3, WEDDERBURN 3518.



FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I am thinking of setting up a **PRODUCE EXCHANGE SCHEME** on the Mornington Peninsula through which people would be able to swap their surplus fruit, vegies, bread, jam, honey, wool, eggs, hay etc for other locally grown or homemade products. I am wondering if such a scheme has been established in other areas and, if so, would be interested to learn more about it (I am aware of LETS). I would also be interested to hear from Mornington Peninsula residents who would like to participate in a produce exchange scheme.



Jodie Kewley,
'Eidel Manor' Point Leo Rd,
RED HILL SOUTH 3937.

Dear GR Editors & Readers,

Having recently purchased our first copy of your informative magazine, we found it hard to put down. You see, we are just about to move from a dirty, polluted mining town to our recently purchased piece of paradise after 13 years of dreaming and waiting for the financial opportunity to do so. We are a family of five, with children aged 9, 6 and 4 and are completely 'green' when it comes to self-sufficiency and the country life. To give you some idea: Our son (4) beckoned us to come quickly one morning when we were in the area looking at properties (we were staying nearby in a cottage). It was 6 am and we had just slept for the first time in two days, so begrudgingly I rose from my slumber asking Sean what the problem was. He said there were, 'heaps of baby emus on the 'randah dad'. I peered out the window to see seven kookaburras sitting on the verandah railing! My nine year old daughter, Rhea, asked what all the noise was one evening when we camped at the property, as the frogs in the dam were croaking. When I explained, she told me that she would like to see a real frog as she had never seen one before! She was initially hard to convince about the move, as I told her that there was no TV. The following day she said that yes, she would like to move to the area, only if we did fun things all the time like we did the day before (walked in the bush and went for a swim).

The property we have bought is located 20 kilometres from a small town and covers some 25 acres of which seven are cleared and the remainder is Karri regrowth, all set in a beautiful valley in big timber country in the south-west of WA. The cleared land was used some time ago for the cultivation of hops by the Swan Brewery and has been neglected for over two decades. The people we bought the property from have built a rammed earth home on it and have established the basics. There's power, phone connection and a large dam at the bottom of the hill. All the water for consumption comes from the dam via a petrol pump to a small tank beside the house. Hot water is provided by way of a wet back in the wood stove. According to the previous owners growing vegie gardens and fruit trees is a real chore as the property backs onto a national park and the roos and birds devour everything. They also tried to keep some chooks, but were disheartened when the foxes got to them three times in one year.

What we are hoping for is some advice on a **BETTER PUMPING SYSTEM** (solar perhaps, bearing in mind the trees and their shade) and some general guidance. We are reasonably fit, eager, and do not want to make too many mistakes as we have limited financial resources left after the property purchase. If there are any other readers of this great publication who live in this area and who could offer some practical advice and perhaps some ideas on what we could do with the seven acres of cleared land (badly in need of attention) so we may be able to glean a modest income from it, we would be very appreciative. All letters will be answered.

Roger Bettoni,
PO Box 336, PEMBERTON 6260.
Ph: 08-9776-2060.

Dear Friends of GR,

Once again I am writing to find out if there is any chance of getting *Grass Roots* numbers 6-11, 13, 14, 16 & 17? If so, I will have my **COMPLETE SET** which I love very much. I am 75 years old and hope to be able to leave the complete set to my daughter, Leë. I remain living in hope as I do love your magazines so much and reread them all the time, especially the Gumnut Gossip and Feedback letters and requests. I will keep my fingers crossed. All the best of health and goodluck to you all.

Dorothy McDonough,
149 Melbourne Rd. RYE 3941.



Dear Mary, Megg and Crew,

It's hard to believe it's been **25 YEARS** of GR publication, although I missed the first four or five years. I think the first issue I saw was 18 or 19 – it had an article by Bob Willis on the Queensland Oven. The cover photo was of Bob and the oven.

I can also remember a cover photo which I think was of Suni at about three or four years of age! It's hard to believe that the little girl in that photo was the beautiful woman in the graduation photo. Congratulations to the whole team, past and present, for 25 years of *Grass Roots* and the many other publications over the years. The other benefits of buying *Grass Roots* are that there are hours and hours of reading (not like the five minutes that Megg got from a centimetre-thick glossy on the train not too long ago), and there's nothing about the royal family, rock stars etc. Or those scintillating tabloid stories – 'I was abducted and raped by a little green man', or the like. Thank heavens for that – I'm sick to death of hearing it all. The mainstream press, it seems won't even allow these people to rest in peace once they've passed away. Enough said on that subject.

A note to Ruth from Mt Roskill, New Zealand. I was one of two people who asked for sock patterns recently, and was absolutely flooded with replies – books, photocopies, leaflets – you name it, and in spite of the fact that I was under a great deal of emotional stress at the time, I answered all those kind people as far as I knew. Thank you for sending the book over, I appreciated you taking the time and effort to do so, please accept my apologies and thanks to all.

On the down side, and this is not a criticism of the magazine, but rather a sad reflection on the desperation and perhaps gullibility of a small handful of readers. To those of you who choose to get involved with **CHAIN LETTERS** and those highly unethical and illegal get-rich-quick schemes, usually pyramid scams promising \$50,000 + in 4-8 weeks, please, keep it to yourself. Don't use GR as a source of names and addresses for these things, it goes totally against the spirit of the magazine.

Fortunately, most of us have enough common sense to realise that you don't get anything for nothing, and if these schemes worked we'd all have bank balances akin to Kerry Packer's! I'm sure most of the readers who receive these things assign them to the saw-combustion stove or recycle bin. I sent them all off to the Office of Fair Trading (formerly Consumer Affairs). Be warned that pyramid scams are illegal and carry a fine of up to \$15,000 for all participants.

Well, I've had my say on that one now, so all that's left for me to say is congratulations yet again for 25 years of good old-fashioned hard work and a brilliant magazine. I hope that it will continue on for many more years to come.

Vicki Judd,
59 Beresford Dve, BORONIA 3155.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

FEEDBACK LINK-UP FEEDBACK

Dear Megg,

I have just been reading GR 124 and am so bothered by one reader's comments in the Feedback column (Suzanne Parsons, Bombala) that I had to write you my first letter.

I am 23 and have only been reading for two years. I am constantly inspired and also have that dream of living on property. Some articles give such a familiar ache to live as self-sufficiently as possible.

I think your **NEW COVER IS GREAT**. I especially like how it has been different each time recently. Also, about the GR awards – sure, everybody is doing their best, but, everyone deserves some encouragement – credit given where credit is due. Keep it up, but rest often. Enjoy a cuppa.

Melinda Henry,
Nimbin St, ACT 2604.

Dear GR,

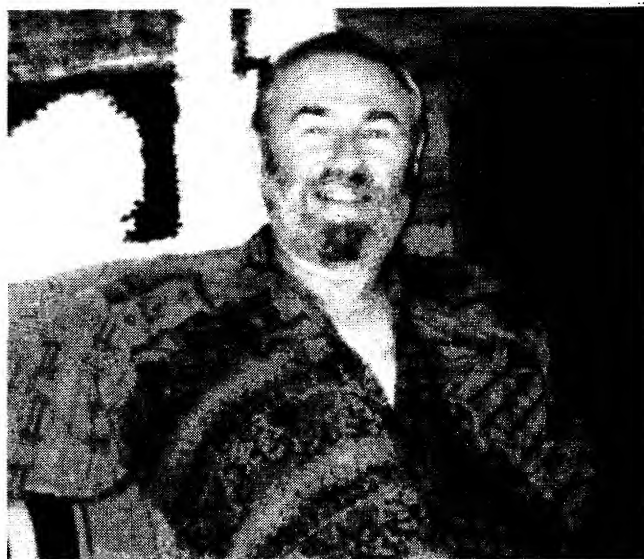
A letter in GR 124 on **UNLEADED PETROL** mentioned that a faulty catalytic converter will allow exhaust gases into the air we breathe; these gases are very poisonous and clinically carcinogenic. Quite true, according to all the chemists I've talked to. What is never told to the public is that for the first few kilometres you drive, until the catalytic converter heats to its operating temperature, it does not convert and so is just like a faulty converter. So a car that is used for short runs, say to the shops or ferrying kids to school, is really a time bomb for the cancer-prone genes in our bodies, especially for those living near busy roads in cities. I've had a type of leukaemia and I can tell you that radiation therapy, bone marrow extraction, without anaesthetic, and chemotherapy is not a picnic. I wouldn't wish it on anyone.

An ABC programme screened on ABC TV, Wednesday, 10th December, 1997, called *Final Insult, Multiple Chemical Sensitivity, illnesses caused by our contaminated environments*, was an astounding insight into our modern world. I hope it becomes available on video through ABC shops. It illustrated how everyone is their own best observer of their reactions to allergens, but it takes a dedicated team to scientifically, by a process of elimination, decide which specific allergens are doing the mischief. I found some of the 'experts' in the following debate a bit pompous and tunnel-visioned, which I guess is nothing new, but shows that if you're not really satisfied with someone's appraisals you do well to get a second or third opinion. After all it's your quality of life at stake, not theirs. The point was made that thousands of new chemicals are being invented each year and no one really knows what effects they are bound to have on some people, if not all of us, long term. Among common allergen these days apparently are some types of newsprint fumes, called 'newsprint outgassing'. One local car magazine has always sent me into a bit of a coughing spasm. I thought it wasn't possible, but nevertheless during summer (when it's warmer and more outgassing happens) I have an electric fan on low speed blowing across the magazine away from me. In winter, when there aren't as many windows open, I noticed a buildup of print fumes and made sure that anything with newsprint was away from the bedrooms and living/eating areas. Some old books are just frightful and could have something to do with the type of paper used which may have some acid residues and are quietly eating themselves. I haven't found that it's life-threatening, but certainly my quality of life and that of those around me is improved by being aware and acting accordingly. The less exposure means more time free of symptoms before you have an overload.

Xmas/New Year holidays see all sorts of tourists appear on my doorstep. Friends from past years appear from nowhere as if by magic and old memories are dragged up from the depths of time. Long talks into the night, as these city people have to rush off in the morning at warp speed in their relentless rat race. These same people can do a world trip in three weeks. I can't and I admit it freely. I can only go-slow and enjoy. Enjoying the details which qualify one town as different from another, seeing the different people and not ignoring them or their details. These rushing city people do bring something to me from the city: the same question time and again, 'Have you made

a will?' Are they trying to tell me something? I feel OK, or maybe they think I'm going senile? Anyway, to answer their question, Yes, but not one I'm happy with. It's the old problem of dividing equally between the kids. The kids don't really appreciate this land that I searched for all those years and will just sell it as a means to get some money to spend in the city on some city thing or other. What I would like to do is leave it to somebody who will **RETAIN THE ECOLOGY** of the land for the indigenous flora and fauna that are on it now. I don't really trust a religious body, say, to keep it after it becomes a good buy for a developer to bulldoze all the trees and subdivide it into little burb blocks. Who would be trustworthy enough to resist the dollars? Forget a government body, I've seen enough of that. Would Greenpeace be interested? Who knows what to do with this little peace of heaven?

Roberino,
Lot 4, ARRAWARRA BEACH 2456.



GR Community Service Award recipient, recycling guru, Roberino.

Dear Megg & Co,

Thank you very much for your wonderful mag – keep up the good work!

It's been a few years since you have heard from me. In the meantime life runs so fast and I'm way over 70 now. I would like to ask if there are any of my old GR friends still around to whom I have sent some of my **KEFIR FUNGUS**? Through shifting I lost my own and I would dearly love to start a new culture, if somebody has a kind heart and could send me a tiny bit – I will pay postage.

In one of my GRs was a sister from Healesville writing in about a cure for the bite of the **WHITE TAILED SPIDER**. Do any of you good people know about this? Please let me know! I look every morning in my shoes first, and have killed a couple at least.

Does anybody know about a plant called **STEVIA**? It is sweeter than sugar and safe for diabetics.

Now a very delicate question! Does anybody know about **URINE THERAPY**? Has anyone healed themselves of any illness using this therapy? I would love to hear your story.

Lots of love from a *Grass Roots* reader of over 15 years!

Ruth Rosenau,
PO Box 145, WONTHAGGI 3995.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I have read many issues of GR. Although I live in the city, recently I bought some land in the country and wonder if anyone has information regarding **STRAW BALE BUILDING**, ie the building of sheds/houses/walls etc from bales of straw.

Also can anyone tell me how to control the **TINY WHITE SNAILS** that cling to fence posts and fruit trees etc.

H A Smith,

12/123 Cross Rd, HAWTHORN 5062.

There was an article on Straw Bale Building in GR 106.

Dear Staff & Readers,

I am writing regarding information on **QUINOA** (*Chenopodium quinoa Linarus*). Any instructions as to rinsing, grinding and cooking would be appreciated, as we have some planted and it looks to be a bumper crop.

Also, are there any naturally organic garden sprays on the market or is it a do-it-yourself job? We have a few neem trees in and have heard you can make a spray out of them. Does anyone know any more about it? Appreciate any input whatsoever. Thanks for your time.

Byrne Terry,

Ellanbrae Staion, PO Box 132, KUNUNURRA 6743.

Articles about neem have been in GRs 98 & 109. See last page for info on obtaining back copies.

Dear GRs,

My husband and I have recently started buying your great magazine. Congratulations, you have managed to gain two more fans. It is like we are hypnotised when we see *Grass Roots*. We read it over and over so as not to miss anything. We are fanatic organic growers (for ourselves at present), hoping to start selling next year. We don't have hydro where we live; solar and generator for us. I bottle just about everything from the garden as we don't have a deep freeze. I would like to dry a lot of vegies as well. We would be very grateful if you or any GR fans would send us a plan to make our own **SOLAR DRYER**. I would like a very large dryer. Thanks all.

Patreen Thompson,

C/- PO, GRETN A 7140.

Dear Megg,

Are there any readers out there who would be willing to write me a letter telling of their own **EXPERIENCES WITH COMMUNES** in the north-east of NSW, eg Nimbin and environs.

I'm thinking of moving to the area in a year or so, probably on a part-time basis as I have a house in the north of WA and I would move between the two areas.

It's information about the various types of communities, the advantages and disadvantages, the peaks and the troughs, costs to purchase and to run etc, I seek. Be honest.

I will send a letter of thanks and a stamp to the respondents.

Roger Oliver,

Lot 75 Grevillea Pl, GIDGEGANNUP 6083.

Dear Grass Roots,

My partner proudly came home with your magazine under his arm about ten months ago – so we are really new to this wonderful world. We have a property (33 acres) down near Bega and hope to move there with our two children in the next year or so. We are keen to set up a quality of life for our children – to become self-sufficient and respectful of our earth.

We have on our 'little bit of paradise', a steel and cedar construction of three yurts meshed together, and are looking to extend onto this using a more 'earthy' material – of bush rock or rammed earth. Any ideas, hints or advice would be greatly appreciated: Advice on any aspect of **LIVING WITH MOTHER EARTH** not against her would also be greatly appreciated.

Thank you for your great magazine would love to get hold of back issues – all of them if available.

Sara Cook & Glenn Ludlow,

58 Appletree Dr, CHERRYBROOK 2126.

Dear Grass Roots,

I started reading GR ten years ago, but have become addicted in the last few. I operate a bed and breakfast in the Adelaide hills, and am building a solar-passive home on nineteen acres at Cromer. While I love country life I meet too few fellow self-sufficiency, alternative minded folk. If any readers would like to 'play' at building a **MUD-BRICK HOUSE** and garden etc – please drop in or phone. (Plant swap etc.) My Border Collie has arthritis and I have tried celery seeds to no great effect. Does anyone have any ideas? Has anyone discovered snake-proof fencing with shade cloth on ground and up to one metre? Please let me know if it works.

A hint for **OLD BANANAS** – save them in the freezer until you have enough to make a cake, or feed them to the kids frozen!

Pam Thoday,

Stringybark Sanctuary,
PO Box 140, BIRDWOOD 5234.



Dear Feedback,

I'm 15 years old and last year my parents moved from the country to the city. I like it because I'm near the bush and the beach, but sometimes miss the country and the friends I have there. I found *Grass Roots* in the newsagents and like reading it and looking at the pictures. I wish it came out every month. I never knew it was around until we move. It's **LIKE BEING IN THE COUNTRY**. Next summer I'm going to try and grow tomatoes and other stuff and see if I have a green thumb. I wonder if anyone would like to write to me as a friend so I can still know what living in the country is like.

Michael Dane,

PO Box 36, BLAKEHURST 2221.

Dear Grass Roots,

I have only just begun to read your magazine but it is truly a wonderful thing and I enclose my cheque for a subscription. I purchased GR 124 and would like to reply to a few readers and offer some tips.

To Anne Kennedy of Derby re schizophrenia, read a book called *Fairytales in Reality*, by Margo Orum. Might be helpful.

To Tatjana Jirgens re dog droppings, simply purchase a **WORM FARM**, very easy to have on a suburban block. You can even buy a small flip-top bin, buy yourself some worms from the local dealer or hardware store and just keep them out of the sun and moist in summer. They will consume the droppings, and of course your kitchen waste. The more you throw out the bigger your bin should be. We have reduced our throw-out rubbish by three bags a week by getting a worm farm. We now live on 20 acres and I am establishing a compost heap so the poor worms are on a diet!

Also a few tips: I have found that good quality sea sponges (small holes compact appearance) make excellent substitutes for sponges which are expensive and use up our trees. If you have trouble add a few drops of tea tree oil to the sponge, and before putting away for next time, you can soak in water and tea tree for a good disinfection. There seem to be a lot of people out there who have skin allergies and who want an **ALTERNATIVE TO WASHING POWDER**. I have been using a wonderful 100% natural product that is only three cents per wash to use for six months now and would never go back to anything else. Please write if you want to know more. Does anyone have any recipes for sugar-free jams? I would also like to buy a book on home wine making, using fruit and vegetables etc. If anyone has a good one they would like to sell in WA please let me know. Also the equipment, second-hand would be great.

Anne Marie Nathan,

371 Padbury Ave, EAST MILLENDON 6056.

Ph: 08-9296-0578.

GRs 83 & 57 contained recipes for sugariess jams. Contact John Walters, 6 McLeod St, Albany 6330, for information about wine making. He has a book available 'Cheers!! Home Made Wines & Home Brewed Beers', for \$18.50 incl p&p. Send an SAE if wanting for information.

FEEDBACK LINK-UP FEEDBACK

Dear GR et al,

This is my first letter but I have been an avid reader for many years. I have got many valuable hints over the years and am always interested in many of the new and exciting ideas that your magazine propounds. I was very interested and excited by the LETS concept and have been waiting until I've settled to start one off in my local area. So for all south-west Victorians I would like to announce the formation of **WARRNAMBOOL LETS**. We have been in existence for about six months and are looking for new members. For more information please contact the president: Delia Crabbe, 20 Murray St, Warrnambool 3280. I would also like to thank Kyneton LETS who were magnificent with help and advice and providing a speaker for the inaugural meeting. Annual membership fee is \$10 plus \$5 once-off joining fee. I hope that the Warrnambool LETS will grow into a self-sustaining and exciting new group. Please become a member and support this new initiative.

Gillian Peckham.

Dear GR,

Many thanks for a very interesting and informative magazine. I wonder if any readers would have any useful info on **BUILDING A CELLAR**. Does soil type make a difference? Do the walls need rendering? Any suggestions for dimensions? I will be grateful for any information.

Lesley Mavro,
Box 203, NAIRNE 5252.

Dear GR Readers,

A year or so ago, a lady wrote to GR about **CHEAP LAND IN THE NORTHERN TERRITORY**. My partner and I are interested in purchasing at least five acres of land or more (money permitting) in the Northern Territory between Katherine and Darwin.

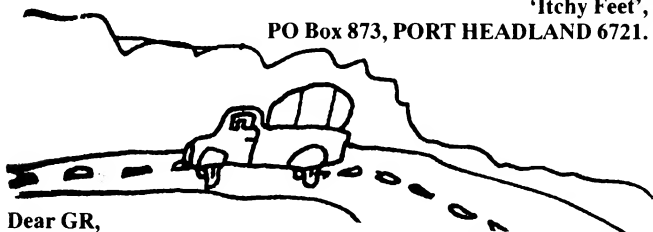
We have the Darwin paper sent to us weekly and have begun research on the area, as we are still currently in the Pilbara, WA. We are hoping to buy land without finance and again this would depend on what land is available at the time. At this stage it is quite difficult as we have no detailed maps of the area and aren't familiar with names of areas, but are in the process of gathering information and maps.

I am writing to request advice and information on any aspect of buying land that anyone can suggest will be helpful. Information on what problem areas to be aware of when looking for land. Would we need a solicitor? Is it okay to buy privately, or should we stick to real estate agencies? Can anyone recommend any books or information on positioning of house and buildings for energy efficient living? What plants and vegies grow best in this climate? Any pointers at all would be most appreciated. Even anyone who has land or knows of land for sale we would like to hear from.

We plan to arrive in The Territory between August and October '98 and will begin looking for land as soon as we get to Katherine. We have our own 'home' in the form of a bus/mobile home which we will live in. If anyone is interested in having a caretaker or has some vacant land for rent for a few months until we buy our own land we would appreciate hearing from you too. The bus has some water storage and we will have a generator and hopefully solar power by then.

Any information will be most appreciated and I will reply to all letters. Thanks GR.

'Itchy Feet',
PO Box 873, PORT HEADLAND 6721.



Dear GR,

Don't ever consider ceasing publication of GR. You'd have thousands of Aussies pounding on your door. Me too! I've often pondered on the problem of **MOVING WATER** from one location to another.

We know that through convection, hot water rises. Black polypipe gets incredibly hot in our sunshine. Surely these two facts could be put to use in some way to move water? Also, the distillation process where steam will rise, then can be cooled, becoming pure water in the process. Combining these basic laws of nature I visualise a cheap and environmentally friendly system of moving water.

In GR 124, Susan Gibson wrote of the Glockemann pump. Could we maybe have an article about the pump and how it works?

Rob,
C/- Kombara Cotton, BOOMI 2405.

Hi Everyone in GR Land,

Every new edition of GR brings with it more everyday people, which makes reading it such a pleasure. I get lots of pleasure from your letters in Feedback; it's the best part of the magazine - reading about hints/cures, looking for lost friends. So I have decided to write to all through Feedback with a simple request. As I live on my own bit of Australia, am retired after a lifelong job looking after kids nobody had time for and who were in trouble with schools, home and police, I find it's now my turn to ask for some help. Is there anyone who would like to write to me? Doesn't matter how young or old, to help pass the hours away in answering your letters. If so, I would love to hear from you.

Rose Swanson,
PO Box 34, TOOGOOLOOWAH 4313.

Dear Grass Roots,

Would anyone have information on the **PROCESSING OF TROPICAL RAW MATERIALS** such as pandanus, banana, coconut, laver vine, cane, in preparation for use in making baskets, mats and hats? Also, I would like to know the whereabouts of anyone in the far north Qld area who is actually practising this craft.

In reply to the plea from Chris, Brett and Zac (GR 124) for natural pain relief for a damaged nerve in the neck; have you tried **YOGA**? A qualified experienced Yoga practitioner and therapist could help. For a list of qualified Yogis in your area contact: IYTA, PO Box 207, St Ives, NSW 2075.

Wendy Snape,
PO Box 6212, CAIRNS 4870.

Dear GR,

Can someone give me some information about where in Australia I can buy a **DONUT MAKING MACHINE** or a donut frying machine? In 1974 I saw one in Brisbane in a supermarket. I believe some companies are selling/dealing with these machines. I will also be happy to receive some information about any old, but workable ones.

As I come from the volcano-damaged town of Rabaul, where my assets were all destroyed, I am trying hard to set myself up again to normalcy. I will appreciate those who will give me some good donut recipes. Many thanks and appreciation to GR and those who will offer me assistance.

Ronald Tovue,
PO Box 354, Rabaul, PAPUA NEW GUINEA.



Dear Megg, Mary & GR Team,

To the person who wrote asking about getting **RID OF WEEDS** without poisons and forgot to include their address, just the pouring or spraying of boiling water, boiling salted water, or heavily salted water by itself on the weeds should do the job.

I am researching the life of the bushranger **CAPTAIN THUNDERBOLT** (Frederick Ward) and his wife Mary Ann, nee Bugg. Would their descendants or anyone with any snippets of information please contact me.

John Mount,
41-45 Fiddlewood Crt, WOODFORD 4514.

FEEDBACK LINK-UP FEEDBACK

Dear GRs,

In a back copy of your magazine, there was a request for suggestions of what to do with **EMPTY WINE BLADDERS**. I proffer the following suggestion:

Empty wine bladders, refilled with fresh water, are useful to optimise the performance of fridges and freezers when used to occupy unused space. This helps to regulate cycling, especially in warmer conditions.

If a freezer is available, and a fridge is not opened very frequently, a timer can be used to override the fridge thermostat, eg for one quarter of an hour in every hour, and less in cooler periods and at night.

A full wine bladder then kept in the fridge ice-box is a very useful 'flywheel', remaining mostly frozen, so the fridge is then used as a chiller, with frozen foods kept in the companion deep freeze as otherwise practicable or suitable. Set the fridge thermostat to maximum if still functional.

Filling bladders from a cool water source aids refreezing, filling being easily achieved by forcing water through the orifice with a snug hose fit and some pressure, air being excluded, and the trigger depressed. Allow for expansion upon freezing. Furthermore, a full bladder in a large Esky lasts a long time, especially if kept airtight and out of the sun. Depending on facilities to promptly clean and refill, wine bladders may have other storage uses.

With careful use, bladder life may be indefinite, and they are, after all, easily and pleasurably replaced. Care may need to be taken on first removal from the original carripak, and soaking may be necessary if the package glue has been too liberal.

Paul Clifford,
PO Box 1123, BAIRNSDALE 3875.

Dear GR,

Now that the kids are gone, my husband and I are looking into buying a small place with garden area for the years ahead.

Would anyone have any information on **YURTS** that they bought/built for themselves? The pros and cons of owning one and how much.

Also, does someone out there know of a **SANDSTONE CHURCH** for sale? Preferably in need of repairs, small and affordable. Please let us know. Thanks to whoever can help with any info.

Love your magazine and I wish it would come out every month – I read it from cover to cover every time I get it.

M & A Vivarelli,
PO Box 776, Spit Rd, MOSMAN 2088.



Dear GR Staff and Readers,

Thanks GR for a magazine that allows a sharing of minds, hearts and actions towards a better, purer and safer world. It is very hopeful to read in GR of so many who are contributing towards that goal. Even the smallest contribution can make a huge difference, would you not agree!

Re **CORN ON TOES**: thanks Shirley for your advice of applying vinegar on my corn morning and night. Sorry, I couldn't reply personally as your address wasn't on your letter. All the best for 1998. I wish GR and all those contributing to a better world a very prosperous and joyful '98.

Aline W,
4/34 Westacott St, NUNDAH 4012.

Dear GR Readers,

It is now nearly eight years since I last wrote to 'your' magazine, that was when my article on cultivating and **EATING GARDEN**

SNAILS was published (GR 78). I have moved house four times since then (from Victoria to Queensland), but the occasional prospective snail farmer still manages to catch up with me for more info, which I don't mind at all. About three years ago when I lived in Darraweit Guim, Vic, two ladies from WA paid me a visit: they were planning to cultivate snails and open a restaurant in some remote area of WA. If you read this ladies, please let me know how you got on?

I am still building up my dossier on snail farming and hope one day to publish a book on the subject (when I am completely computerised).

Another book that I intend to write is a compilation of recipes using the very much varied scented pelargoniums which I grow as a hobby and to which I am a hopeless addict. If anyone can supply me with any unusual recipes that use this wonderful plant I will be most grateful. They may include culinary (sweet or savoury) and medicinal. I have many of the cake and sweet recipes, but am light on the savoury department. All letters will be replied to. Still a great mag.

Keith Upward,
93 Golden Kind Ave,
Cooloolo Village, TIN CAN BAY 4580.

Dear Grass Roots,

It was with great interest that I read John Mount's article on **HOUSEHOLD ALTERNATIVES** in GR 123. I am interested in collecting ideas and recipes for mock foods and alternatives for household items, such as those used during the Depression. I am thinking of things such as mock fish (a recipe handed down to me by my grandmother), potato cheese, items made out of tin cans and furniture made out of kerosene tins. If anyone has recipes, ideas or anecdotes, I would be glad to hear from them and I will reply to everyone.

I am also searching for a **RECIPE FOR LEMON CORDIAL**, which my father used to make. All I know is that it had cream of tartar in it.

Tamra Chapman,
C/- 6 Todd St, KINGSCOTE 5223.

Dear GR Readers,

Comments on Feedback in GR 124.

Rosemary Holmes of Biggenden, re **SHINGLES**. Get hold of a copy of Adelle Davis's great book, *Let's Get Well*. It's all in there. Basically, it is vitamin B6, B complex and plenty of vitamin C – but read what she says.

Chris, Brett and Zac of South Golden Beach. Find a properly qualified homoeopath and discuss the use of **ARNICA**. It is a brilliant herbal painkiller/calmer-down and I have used it frequently on animals and myself. It heals as well as suppressing pain.

Roberino of Arrawarra Beach. How right you are about cod-liver oil. I love these *new* discoveries. I have a 1928 booklet by the CSIR on sulphur – they're just rediscovering that too. Amazing stuff.

Shirley Stevenson of Coopers Plains. **PUSH HOE**. Michael Plane (of the Gundaroo Tiller fame), he makes a beautiful push-pull one. Address: Allsun, Gundaroo 2620.

J Kirk etc, Womens Environmental Impact Group, Serpentine, re **UNLEADED FUEL**: Thank goodness I have a car that runs on super. Lead toxicity has been much exaggerated in my opinion. I have used it heavily in the past for treating horses etc, and have hardly any in my body at all). You will have to go to a library and check back copies of *Nexus* magazine. You will need: April/May 1995, Vol 2, No 25), June/July and August/September. As far as I know *Nexus* does not carry back copies. It is a series of articles compiled by Catherine Simons. Dr Hans Neiper in Germany has also been in print about it.

June Osborn of Bundaberg. Irritable leg syndrome is usually the result of potassium deficiency. Good quality unpasteurised cider vinegar and/or potassium phosphate cell salts tablets will help. Of course, a good diet that does not include caffeine, sugar and fast food will help too.

Pat Coleby,
91 Church St, MALDON 3463.

FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

I would like to hear from anyone in the Yass area who is interested in forming a **HOME SCHOOLER'S PLAYGROUP** for infants, older siblings and their parents. My son will be three in April.

Residents of the Gunning and Yass Shires who are interested in LETS are also welcome to contact me about their local group. **THE GUNNING/YASS LETS** group, for which I am co-ordinator, began in Gunning in 1993. It expanded into the Yass Shire when two member households (including my own) moved here last year. I would enjoy a cup of tea and a chat with any fellow permaculturists living in the area.

**Dianne Phemister,
PO Box 573, YASS 2582.**

Dear GR,

I have only just got No 124 from the newsagent. So I suppose it is too late to write to Sue Fielding and Jenny Taylor in Alice Springs as they were leaving after Xmas. However, should they contact you please tell them to get in touch with me as I live in the area where they plan to go. We are just **NORTH OF BERMAGUI**. We have 85 acres here on the Tuross Lakes. I could perhaps give them some useful information on this area and point out some pitfalls.

Jodie was asking for **FURNITURE PATTERNS**. The best book of furniture patterns that I have seen is *Colonial Furniture Making for Everybody*, by John G Shea, published by Van Nostrand Reinhold Co. This book not only gives you the patterns but the measurements. I have used their patterns. A kitchen dresser I made out of huon pine was published in the *Australian Woodworker*, issue No 74, page 18, July issue. I have made quite a number of articles from this book. I only make colonial furniture and only make it with solid timber. With all good wishes for your wonderful magazine.

**Athol Dart,
Horse Island Rd, BODALLA 2545.**

Dear Dave & Megg,

I am involved with a voluntary organisation called **VISE** (Volunteers for Isolated Student Education). Their main aim is to help isolated students who are too far away from school. Their secondary aim is to provide worthwhile goals to retired school teachers, ex-army officers, bored farmers and idealistic businessmen. Each volunteer stays with outback families for several weeks a year. The volunteers help in various ways, but mainly in teaching. Another aspect is helping the schools of the air, to which most such students are enrolled.

The current VISE project is to **INSTALL THE INTERNET** and to teach the families how to utilise it effectively. This project is done with the help of the University of Ballarat. However, many students haven't heard about VISE and I had the bright idea of contacting you. I imagine that even the most isolated families in Arnhem land subscribe to *Grass Roots*, or that they know someone who subscribes to it. Readers may want to meet some of the volunteers/organisers. They are all unique characters and you will have endless fun talking to them. The National co-ordinator of VISE is a very decent fellow called Mike Stock. The volunteer co-ordinator is a chap called George Murdoch. The volunteers live all around Australia, but it should be easy to organise some stories/photos etc. Do knock on the door/fax/email if you want to have a chat about it. Mike Stock: ph/fax, 06-259-3030, George Murdoch: ph, 03-9369-6709.

**Isaac Nativ,
Ph/fax: 03-9347-1357.
Email: i.nativ@pgrad.unimelb.edu.au**



Dear Editors,

A kind friend recently introduced me to your publication which contains useful information and as well a fair bit of unsubstantiated codswallop relating to **HERBAL AND MEDICINAL MATTERS**.

While I note an editorial disclaimer you must accept some responsibility for publishing the stuff, which is at best totally unproven, and at worst potentially harmful.

I note three examples in issue 125. On page 12 it is stated comfrey should be applied to broken bones to reduce swelling and helping the bone to heal. On page 37 somebody advocates kombucha tea for a brain tumour. On page 48 it states that artichokes tend to lower the urea level of blood. As I am sure you will appreciate anyone with a broken bone, a raised blood urea or a brain tumour, would be well advised to see a proper doctor and have orthodox treatment.

Herbal medicines may not always be harmless. I enclose a photocopy of concerns about toxicity of kombucha tea from the newsletter of ARAC. This is a register of adverse drug reactions conducted by the Australian Drug Evaluation Committee of the Commonwealth Department of Health.

**Hugo Standish,
Suite 2, 'Sylvan', 545 St Kilda Rd,
MELBOURNE 3004.**

Thank you for your concern Hugo. We're sure GR readers realise the need to consult an appropriate practitioner for the treatment of serious medical problems, and look to alternatives in most cases as an adjunct to treatment, rather than a replacement.

Dear GR,

For the last few months I've had **ROSS RIVER FEVER**. I also have rheumatoid arthritis, even though I'm only 23 years old. I have two young children aged 18 months and 3 years. I wonder if anyone has any ideas of how to cope. adjustments to make so I can still care for my house and kids etc. Does anyone know any drug-free treatments for arthritis that really work? I would love to hear from anyone young with this disease, especially if they have a family to look after. My husband, Tony, has chronic fatigue syndrome so he can't do a lot to help around the house, though he does do a fair bit of cooking. We hate surviving on a pension, but neither of us is well enough to work for a boss, who would call us 'unreliable' when we had bad days.

There must be hundreds of people out there who are chronically ill or disabled, but who have 'good days' when they'd love to be able to get out and earn some money. Wouldn't it be great if there was a company that would employ people on a 'when you're well enough' basis. Does anyone know if such a thing exists? Meanwhile we just have to take each day as it comes and treasure the times when we do feel well enough to do the things we enjoy.

I have my garden, and even though it's hard to keep up with sometimes, I do find it wonderfully therapeutic. Tony has a large compost worm farm. Now he just has to work out how to sell his worms and make a bit of money out of them; but that's another story.

**Jenny Scott,
C/- 20 Streeter St, GLADSTONE 4680.**

Dear Grass Roots,

Well here I am, out of the city rat race and on a prosperous wheat and sheep farm. It is very nice, the boss is super nice. The cats love it, even though they are not allowed in my separate three-bedroom house which is well away from the main house. I clean that place and work around the garden. I have started a small vegie garden and came across three only **ARHAE PEA SEEDS** which must be years old as I had forgotten all about them. Two are growing but I have no idea what to do with the plant though vaguely seem to recall something about using the tips of the plant for salads plus the actual peas as usual. Can someone please let me know what to do with them?

If anyone is travelling through I have a spare bed and people are welcome to stay overnight and have a hot shower and a meal, or just a cuppa. Phone first for a 'mudmap' of how to find the place.

**Pat Lever,
Birdland Farm, C/- PO NYABING, WA 6341.
Ph: 08-9829-6038.**

Can any readers help Pat, and us, with information about growing and using arhae peas?



FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

We have a house on a bush property in a valley in Tasmania and recently in our absence there was a bushfire which, by incredible good luck (favourable weather conditions), was contained by forestry. Would anyone know who can **INSURE A BUILDING** that is unoccupied for more than 60 days? We have to work elsewhere to have enough to set ourselves up with a semi-sufficient lifestyle.

EASY YOGHURT: First buy a 2 kg tub of Bornhoffen Acidophilus, keeping about two dessertspoons of yoghurt in the bottom. Bring two litres milk to the boil and let cool to body temperature (test with finger). For thicker yoghurt add say two tablespoons milk powder. Pour lukewarm milk into two kilogram tub, mixing well with starter. Leave overnight on a hot water bottle wrapped in a blanket or sleeping bag.

To Russell of Irymple (GR 123): Write or call WWOOF, Mt Murrindah Co-op, Buchan, Vic 3885.

To **LISA COOPER RE AUTISM:** Yes, there is hope. Check case histories (264/265) in Dr Clark's *The Cure For All Diseases*, available from: Inner Grow Health Products, Warrandyte 3113 (see phone book). A friend of mine took her four year old autistic boy to Dr Clark's clinic in Mexico and he started to speak.

The book is about purging parasites (as, for example, American Indians and other tribes do), getting rid of all pollutants (people forget, for example, that anything you rub on your skin is absorbed by the body), and steering clear of all processed foods (including most vitamin pills and bottled water).

Lilian Wardell,
210 Winding Rd, WINDANG 2528.

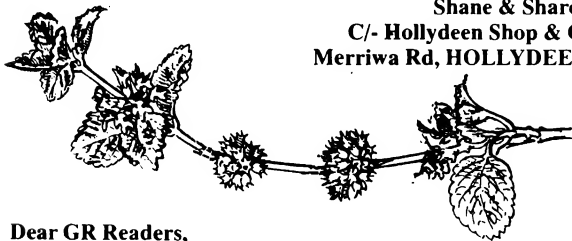
Dear GR,

I have only been a reader for a year but I have found it very educational and informative. My wife and I have a small mixed business with nearly 2½ acres. We are striving to make improvements, but it all takes time and money. We have just completed a dam and a fence is next. Then it will be time to think about some animals, pets only I'm afraid.

We hope to build a new residence soon and wish to plan it to be comfortable. We are interested in finding out about **HYDRONIC HEATING USING A WOOD-FIRED BOILER**. If anyone has any information in relation to both it would be greatly appreciated.

Also, we would like to have yabbies in our dam, a couple of ducks and geese so as to get some eggs. I have been told the ducks and geese will eat the yabbies, but I have read that certain breeds only eat weeds, vegetation etc. Is this true? Can we have our cake and eat it too?

Shane & Sharon Hall,
C/- Hollydeen Shop & Garage,
Merriwa Rd, HOLLYDEEN 2333.



Dear GR Readers,

It has been some thirty-five years since I've tasted a **DECENT HOREHOUND**. It would not surprise me if most readers did not know what I was talking about as you now rarely see it on the shelves and if you do find some it is usually a very poor replica of what used to be. If anyone has an old original recipe I would appreciate it.

Also, has anyone got a set of **TUNING FORKS** for sale? They must be in good order and a complete set of eight.

D Wilson,
PO Box 429, EARLVILLE 4870.

Dear Roberino & GRs,

Here is one more **USE FOR MILK CARTONS** you may not have thought of, yet. As fuel for the fire. This also gets rid of newspapers, junkmail etc.

Method: Fill up the laundry sink, or whatever, with water to which

you add one tablespoonful of Epsom salts dissolved in a glass of hot water. Tear up paper. This is good for getting rid of frustration or keeping the kids quiet. Soak in the water overnight. Next day take the empty milk cartons, poke a few holes in them with a screwdriver then pack with squeezed out wet paper. Pack them tight, an old potato masher helps. Leave in the sun to dry, summer is a good time to do this, then stack in a dry draughty place until winter.

You can also use the cardboard centres from toilet rolls. They make good fire starters: pack the filled rolls into a styrene box to dry and store. I suppose you could pack cereal boxes in the same way, haven't tried yet.

I use the dreaded plastic shopping bags, cut into strips, to tie up plants. I'll cut one up and stick them in my pocket before I go for a tour of my garden. Any plant needing support gets done on the spot. These ties are easier to see than the green wire ties so can be removed when the plant can stand up for itself. By the way, I was told the Epsom salts stops the paper smoking and makes it burn hotter.

Ms Jan Atkinson,
741 Nepean Hwy, MORNINGTON 3931.

Dear Grass Roots Readers,

Maybe someone can help us. Does anyone have a **CURE FOR LEG CRAMPS?**



Dear Megg, Mary & Gang,

Hi! I have only recently discovered your wonderful magazine in our local library. I was looking for information on **KEEPING CHICKENS FOR EGGS** in a suburban situation when I saw a copy of your magazine with helpful hints.

My husband Ken and I are on a low income and our children aged 22 years and 19 years are both unemployed. They don't want to be unemployed and would work at any job and are finding making their money stretch or go round very difficult.

After reading about the book *Living Better For Less* I feel this may be a great help to my son and daughter and ourselves. We have three chickens (black Australorp x) now and are enjoying their rich golden-yolked eggs. My son and husband enjoy looking after them, even to the extent of weighing and recording each egg. Great excitement too when we have had the odd double yolker! My daughter and I are often looking for different recipes to use these lovely eggs and the recipes in the section While The Billy Boils have been a great help, so practical. I have managed to buy copies of 122, 123 and 124. The copies held at our local library are only available for a week for three weeks and I would dearly love to have them for ever. Some are also so well read that they are becoming quite battered and bruised. I have been searching in all our local op shops for old copies that have had no luck. They are obviously like gold and very valuable to anyone who buys them, not to be thrown out or passed on. As money becomes available I will be sending for back copies. Thank you once again for a great magazine.

Ann McGregor,
3 Lakeview Dr. TEWANTIN 4565.

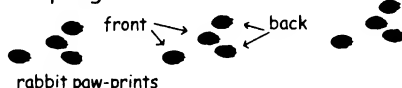
Dear Grass Roots,

Agnes McDonald has **LUPUS TROUBLE** which I have seen before and the remedy found successful was linseed oil or ground seed as it has many valuable essential oils, but this should be used in conjunction with a natural antibiotic - colloidal silver. Be wary of asking a doctor about it as I did. His criticism began with 'it is too expensive', but I knew better because in Fiji I gave away six bottles free. It requires no prescriptions as it has no side effects so it is a friend of either chemist or doctor, but to everyone else it is useful. I am happy to answer people's questions about this useful product.

P H Moore,
3 Morobest St. HERVEY BAY 4655.

THE EASTER BUNNY AND EASTER EGGS

Easter is a celebration and feast that is very important to Christians and it is also a holiday and feast time for the general community. Two of the traditions and symbols we most often think of in relation to Easter are Easter eggs and the Easter bunny. These are both believed to have pre-Christian origins to do with the celebration of the life and light of spring (in Europe). There was actually a goddess of spring and fertility called *Eastre*. Her festival was celebrated around the time of what we know as Easter and symbols of fertility from that festival included the Easter rabbit (a very fertile animal) and Easter eggs (the beginning of life for many types of animals) - brightly coloured to represent the sun-light of spring.



THE BILBY

There is a popular movement in Australia to adopt a bilby as the symbol of Easter instead of the bunny/rabbit. This movement represents the concerns of many Australians for the survival of our native animals. The bilby is a small mammal with large 'rabbit-like' ears. Once there were two types - the greater bilby and the lesser bilby and they were common in many areas of Australia. The greater bilby, now the only bilby, is classified as vulnerable in terms of national conservation status. This means that it is likely to become endangered if threats continue. The lesser bilby is thought to already be extinct. So although cute furry looks and long ears make bilbies and rabbits comparable, the over-fertility of rabbits and the endangered status of bilbies is a big difference between them! In fact the introduction of rabbits and other nonnative animals has been one of the major causes of the decline of the bilby population - they are a source of competition, predation and have caused changes in habitats.



Some Ways Kids Can Help Endangered Species

- * Visit a national park or nature reserve - maybe the rangers need some volunteers.

* If you have a cat make sure it does not catch native birds or animals - attach three small bells to its collar to warn other animals that it is coming and keep the cat inside as much as possible to stop it from roaming, especially at night.

- * Encourage native habitats - ask your parents if you can plant native plants instead of nonnative ones in your garden and you may see more native birds and other animals around your home.

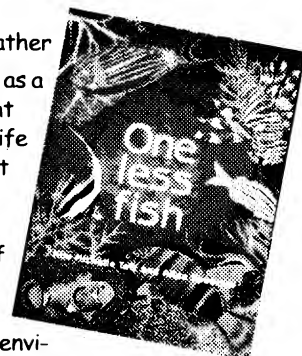
For more information about bilbies, other endangered animals and ways to help endangered animals, write to: Biodiversity Group, Threatened Species & Communities Section, Environment Australia, GPO Box 636, ACT 2601. Ph: 02-6250-0200.

BOOK REVIEW

One Less Fish

Kim Michelle Toft & Allan Sheather

This picture book is described as a cautionary tale of what might have happened to the marine life in our Great Barrier Reef if it had not been protected and serves as a warning generally about the need to take care of our plant and animal ecosystems. On each page beautiful fish are lost due to a range of environmental dangers common to many habitats -



thoughtless intervention by humans, the dumping of rubbish, pesticides etc. The illustrations are exquisite and colourful reproductions of silk paintings by Kim Michelle Toft.

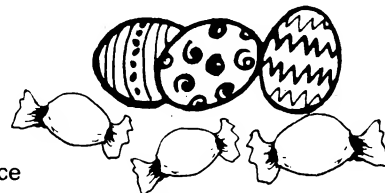
Published by University of Queensland Press, RRP \$21.95 (Hardback).

COOKERY CORNER

This is a yummy and healthy change from the usual chocolate eggs. You could give them to your family and friends wrapped in foil like Easter eggs or in coloured paper (bonbon style).

Fruity Minty Carob Eggs

- 1 cup dates
- 1 cup raisins
- 1 cup almonds
- 2 cups rolled oats
- 1 cup shredded coconut
- 2 tbsp carob powder
- 1 tbsp vanilla essence
- 1/2 tsp peppermint essence



- Chop dates and raisins in a food processor so they are in tiny pieces then add almonds, oats, coconut and carob powder.
- Whizz up again until the mixture looks like bread crumbs and then add the vanilla and peppermint essences.
- Roll the mixture into little egg-shaped balls and put into the fridge until they are firm. Use orange essence if you don't like peppermint.

IN THE KITCHEN

More and more people are suffering from allergies, with wheat, yeast and gluten being among the most common allergens. Sufferers can be faced with quite a challenge, considering how prominently bread figures in most of our diets. The following recipes offer a few alternatives to allergy sufferers and are interesting to try in their own right for those of us without an allergy problem.

To those for whom gluten is a problem, rye, barley and oats are lower in gluten than is wheat, but rice, millet and maize (corn) are gluten free.

SOURDOUGH BREAD

Sourdough cultures are said to make the calcium in wheat, normally not available to us, more assimilable, and to enhance availability of the B vitamins. It does work by the action of wild yeasts, so how appropriate it is for yeast allergy sufferers might be open to question, although the wild yeasts are said to be easier to digest.

Sourdough Starter

Leave one cup of milk to stand at room temperature for 24 hours, then tip it into a bowl, add a cup of flour and leave it for 2-5 days (shorter time in hot weather, longer in cold), uncovered except for a piece of gauze or similar to keep flies off. If it dries out add a little tepid water. When full of bubbles and having a good sour aroma it's ready to use. Each time the starter is used replenish it with equal parts of milk and flour and leave at room temperature for several hours or overnight till bubbly again. Cover and store in the fridge and use once a week, or freeze it if you don't plan to use it for a while. Leave at room temperature for 24 hours after thawing.

To Make Bread

In a large bowl mix together:

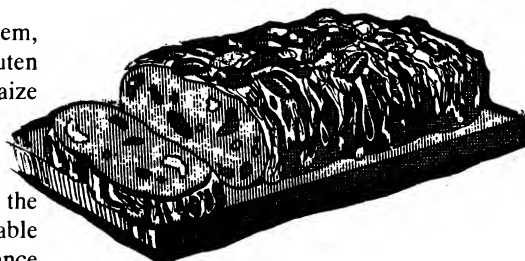
- 2½ cups water
 - 1 cup starter
 - 2 cups plain flour
- Leave out overnight.

In a small bowl combine:

- 1½ tsp bicarb soda
- 3 tbsp melted butter
- 2 tbsp sugar
- 3 tsp salt

Add this to flour/starter mixture with 2 cups flour.

Beat vigorously then turn out on to a floured board and knead. Add more flour if necessary but keep it as soft as you can. Shape it into 2 loaves and let rise until almost double in size, about 2-5 hours.



Brush tops with melted butter. Bake at 200°C for 40-50 minutes or till loaves sound hollow when tapped on the bottom.

Michele Dixon

FLAT BREAD

An alternative to the conventional loaf is flat bread. This can be made in a very basic form: To four cups of flour add a teaspoon of salt and a tablespoon of olive oil. Slowly add water till you have a firm dough. Knead for 10-15 minutes till dough is smooth and elastic. Form into golf ball sized portions and flatten between the hands. Prick holes over both sides. Cook in a cast iron pan over moderate heat till both sides are golden and crisp.

The following savoury flat bread from the Royal Prince Alfred Hospital's book for allergy sufferers, *Friendly Food*, is cooked in the oven. It can be made without yeast or wheat.

A very soft dough that will spread and not be too thick.

Savoury Flat Bread

- 1 cup wheat or rice bran
- ½ cup brown rice flour
- ½ cup arrowroot flour
- ¾ tsp bicarb soda
- 1½ tsp cream of tartar
- 1 cup water or chicken stock
- 2 egg yolks
- oil for glazing
- 1 tbsp coarse salt

Sift dry ingredients into large mixing bowl. Make well in centre, add combined liquid and egg yolks. Beat with a wooden spoon till smooth. Spoon heaped tablespoons of dough onto well oiled baking trays. Bake at 190°C for 35-40 minutes. Halfway through cooking brush with oil and sprinkle with salt.

IRISH SODA BREADS

Another option is to use self-raising flour or a combination of bicarb soda with an acid such as buttermilk or sour milk. The combination releases carbon dioxide which makes the bread light. Fresh milk can be used, but you will need to add twice the amount of cream of tartar to bicarb soda. If using self-raising flour, bicarb soda and an acid must still be used as you need a greater proportion of rising agent than is normally present in self-raising flour.

Soda breads and scones must be mixed quickly and handled lightly before the leavening properties of the fast-acting bicarb soda are expended.

Traditionally, these breads were baked on a girdle or griddle, a thick, round, iron plate with a semi-circular handle, used on top of the stove. However, they can be successfully baked in the oven.

Irish Soda Bread or Scones

- 750 g plain flour
- 1½ tsp salt
- 1½ tsp bicarb soda
- 45 g butter
- 450 ml buttermilk, or fresh milk with 1 dsp cream of tartar added

The same dough can be used to make a loaf or about a dozen generous scones.

Sift dry ingredients into a large mixing bowl. Rub butter into the mixture with the finger tips. Quickly mix in the milk to form a soft dough. If dough is too stiff carefully add a little more milk. On a floured board shape dough into a large round, about 5 cm thick. Use a knife to score top of loaf into quarters. Place on a large floured baking tray, a pizza tray is ideal, and bake in a hot oven for 25 - 30 minutes, until loaf sounds hollow when tapped on bottom.

If making scones, knead dough lightly on a floured board to about 25 mm thickness, cut into approximate 5 cm rounds. Bake on a lightly floured tray in a hot oven for 10 - 15 minutes, until scones are risen and tops are golden.

In future issues we will feature healthy biscuit recipes and cooking with cheese. We welcome any contributions from readers.

LIZARDS IN MY LUNCH BOX

by Heather Kozak, Dellicknora, Vic.

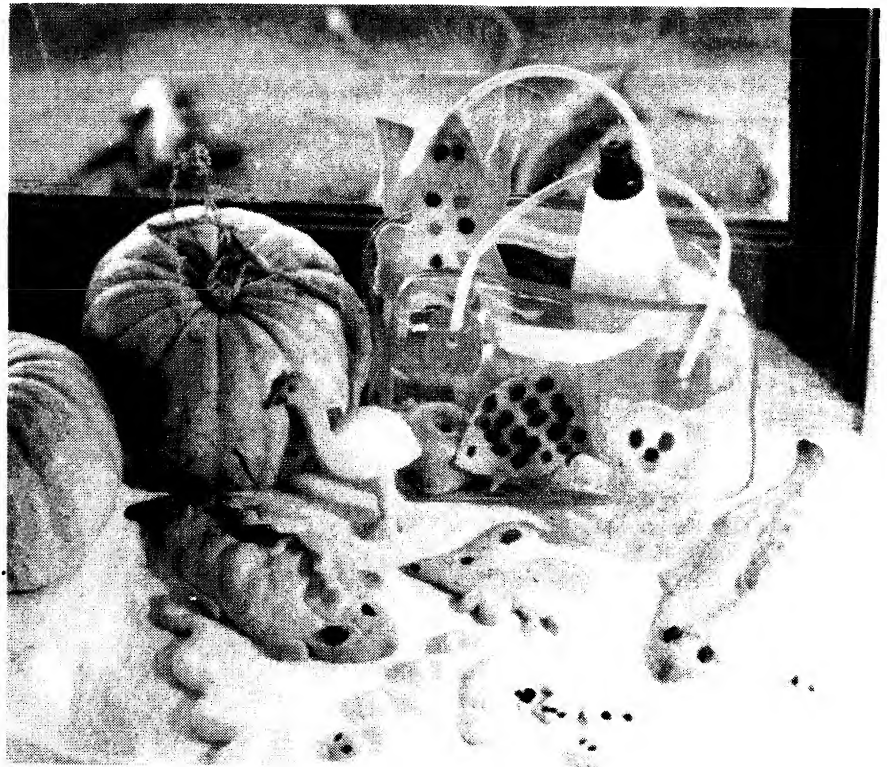
I germinated the idea for this article while visiting a primary school to attend the mobile dentist van. I was walking through the quadrangle with my three year old daughter, Karla, when I noticed that the children (40 or so) sitting politely on benches lining the area were all devouring packets of crisps, Twisties, Burger Rings and the like. There was not a piece of fruit or a homemade biscuit among the lot of them, just high fat, high salt junk food, laden with MSG and colourings.

I thought to myself, as I led Karla-with-the-perfect-teeth away, that I wouldn't care to teach a class after recess. The amount of chemicals and toxins racing through those children's systems would surely reduce their brain functions; the brain cries out for good quality 'think' foods to work at full capacity. As for the behaviour of the children who had just ingested 'fruit' roll-ups, a completely denatured coloured snack with cartoons printed onto it, I shudder to think.

What can parents do to beat the social conformity and cachet that accompany these commercial products? We are fighting against multinationals with aggressive advertising tactics such as tazos and other bribes to tempt our children's custom. We need to make the real food glamorous and exciting, more desirable than the tawdry glitz of a plastic bagful of saturated fats.

I remembered a story in Alan Marshall's wonderful autobiography, *I Can Jump Puddles*, about his friend Joe's mother. Joe's family was poor, to help her children gain acceptance at school Joe's mother would bake little pasties in the shape of goannas, with currant eyes. All the other children wanted to swap their store-bought delicacies for Joe's goannas, so the idea was a resounding success.

I got the feeling that she loved her children very much; an added reward for parents who put lizards in lunch boxes is the knowledge that children notice your efforts. It is so easy to buy a packet of chips, but it is a labour of love to create something unique and individual for your child.



Fruit-filled lizards and beasts of the bush made from all-purpose biscuit pastry.

GOANNA PASTIES

All-purpose biscuit pastry: Good for apple pies, jam tarts and slice bases.

1 egg
125 g butter
1/2 cup sugar
2 cups SR flour (1/2 wholemeal, 1/2 unbleached)

Cream butter and sugar, add egg and beat well. Work in flour. Roll out pastry and cut circles about the size of a saucer. Put a handful of mixed dried fruit (or whatever their favourites are, sultanas, dates, apricots, etc) in the centre of the circle and brush the edges with egg or milk. Bring the edges together as you would for a Cornish pastie, so the join is on top in the centre; this join can be fluted for the spinal ridge of a dinosaur. Shape the pastie so it is narrower on one end for the tail, mould legs from pastry scraps and stick them on with egg.

You can make scale or fur patterns by gently pressing the end of a knife blade against the pastry, or dragging the tines of a fork along it. Add currant or sultana

eyes, and a smiling mouth. Brush with egg and milk and bake in a hot oven 10-15 minutes until golden brown.

Savoury snakes and lizards may be created by using shortcrust pastry and mixed vegetables, or the sausage roll filling that appears later.

ANIMAL CRACKERS

Using the all-purpose biscuit pastry, roll out and cut into animal shapes. You can cut the shapes freehand with a sharp pointed knife, use bought cookie cutters, or try my trick.

I cut a two-centimetre wide slice from the top of a large tin can, including the rolled top edge. With pliers, I bend the metal circle into the basic shape I want. The shape can be fine tuned by placing round or straight pieces of wood within it, and hammering around them. A handle may be soldered onto the rolled edge, or you can just push it down with your hand flat on the cutter. The rolled edge protects the hand, but be careful with the sharp edge. I have made

a map of Australia, rabbits, wombats, teddies and kangaroos with this method; even a deformed bilby!

Use dried fruit for eyes, noses and mouths. Shredded coconut makes great whiskers and fur, candied angelica and glacé cherries make colourful eyes or clothes. Sprinkle cinnamon and other spices on, and bake in moderately hot oven on a greased tray for 10-15 minutes. Special details can be added with a piping bag of icing once the biscuits are cool.

SAUSAGE ROLLS FROM HEAVEN

I used to make these for a cafe I owned in Melbourne; the staff from the Pizza Hut across the road, along with workers from McDonalds, the Italian restaurant and a charcoal chicken take-away all flocked to buy the sausage rolls hot from the oven.

300 g puff pastry*
500 g sausage mince (substitute mashed potatoes for vegetarians)
2 tbsp finely chopped parsley
1 onion, diced finely
1 egg
1 carrot, grated
1 cup corn kernels
1 tbsp tomato paste
4 slices wholemeal bread
1 tbsp orange juice
1 tbsp worcestershire sauce
pepper, salt and mixed dried herbs to taste

Soak bread in water, squeeze out excess water, place bread in large bowl. Add sausage meat and the rest of the ingredients. Clean hands are the best tools to mix it all together; squeeze all the lumps apart and make sure everything is evenly distributed.

Roll out pastry until you have a thin sheet, place meat mixture along one edge in a long sausage shape (I use a

large piping bag with the nozzle removed to force the meat through). Roll pastry over with filling until there is a 1 cm overlap. Cut along edge and repeat until all the filling is used up. Cut the long rolls into short lengths, normal size or mini, brush tops with beaten egg. Place close together on a greased baking tray and pierce once in the centre of each roll with a knife.

Bake in a hot oven (200°C) for about 20 minutes. Cool on a rack and reheat for 6 minutes when you wish to use them. They freeze well, and keep for 5 days in the refrigerator.

The sausage rolls are delicious cold, or may be packed hot into a thermos, with some kitchen paper to absorb moisture, for a warming lunch or recess meal.

* Homemade Puff Pastry

250 g plain flour
180 g butter
1 egg
6 tbsp cold water
2 tsp lemon juice

Sift flour, cut in butter in small pieces. Mix water, egg and lemon juice, stir into flour mixture until it forms a ball. Knead lightly on a floured board, then roll out. Fold one side of the pastry into the middle, then fold the other side on top of it. Roll flat and make one quarter-turn to the left. Repeat the folding, rolling and turning 3 times, then rest pastry in a cool place 30 minutes or more before use.

QUICHE FINDS ITS NICHE

The previous puff pastry recipe may be used to line tart or muffin tins, even paper patty pans if desperate, for tiny little quiches. The size and shape of party pies, these tasty morsels are never knocked back. They too can be eaten cold, or heated up in a trice in the school microwave oven or pie warmer.

Cut out circles of either puff or shortcrust pastry to fit the depressions in your tin. Ease them gently into the space, leaving them to rest and shrink before cutting away any excess.

Now make the filling.

4 eggs
1 cup milk (skim if preferred)
¾ cup grated cheese
1 onion, finely diced
ground black pepper, optional salt

Beat the eggs, add other ingredients and beat well. Transfer to a jug with a spout, or, if you love washing up as much as I do, start with a large jug at the egg stage.

Half-fill each quiche shell with mixtures of chopped cooked chicken and corn kernels, or flaked salmon and chives, or finely shredded spinach, or traditional bacon.

Pour the egg mixture into the shells until they are ¾ full. Bake in a hot oven 10 minutes or until set.

SHORTCRUST PASTRY

225 g plain flour
180 g butter
1 egg yolk
squeeze of lemon juice
2 tbsp cold water
pinch of salt

Sift flour and salt together, rub butter into flour, mix in egg, water and lemon juice. Work into a stiff dough, turn onto a floured board and knead lightly. Use for pies, pasties, quiche.

The types of commercial snack foods that pass through our schools seem to follow fashionable trends. Why not start a new trend of highly desirable, home-made goodies appearing in well dressed lunch boxes everywhere?



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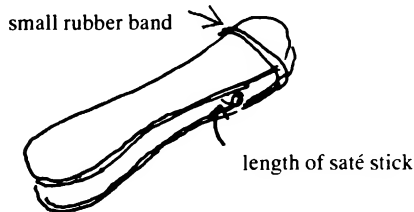
RECYCLING RUNS RIOT

by Roberino, Arrawarra Beach, NSW.

Uses for wooden ice cream paddles

Many uses make this wooden, paddle-shaped wonder a beaut subject for recycling, or re-using to be strictly accurate.

- It's a handy garden tool for the herb and seedling bed.
- Use as a name tag for seedlings.
- Makes a great glue applicator.
- Can be used to make kids' toys (see below) or mobiles for the baby's room.
- Handy to keep in the car glovebox - fixes all manner of squeaks until a more permanent repair can be made.
- Keep by the stove to use for all manner of kitchen tasks such as fishing unwanted specks out of the food or adding small amounts of spices.
- Makes a good pair of tweezers for removing fish bones. The wood provides a good grip on the bones. Use two paddles, glue a small length of saté stick to one paddle as a pivot. Bind the two with a small rubber band.



When the new puppy or kitten disgraces itself on the carpet a wooden paddle and a plastic shopping bag help make a quick clean-up.

TOYS

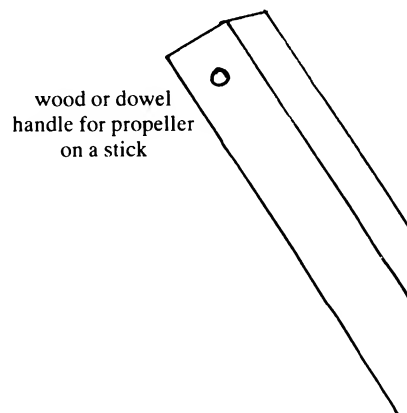
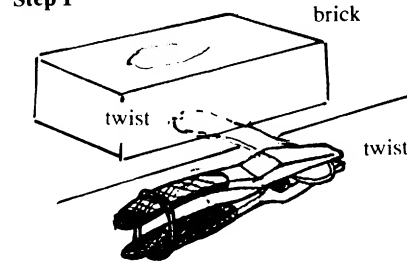
Plane

The more adventurous could make a plane from an empty soft-drink bottle. The paddle becomes a propeller. Scrap plastic or cardboard cut to wing shapes can be pushed through slots cut in the plastic bottle. Cut an oval shape in the top of the 'plane' for a toy pilot to sit in.

Propeller on a Stick

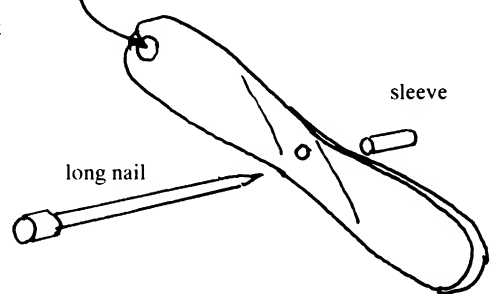
Soak the paddle in hot water (adult supervision required) for twenty minutes, or until the wood is soft and pliable. Twist it as much as feels right without it breaking. Rest one end on a bench or tabletop with a brick on top to keep it steady. On the other end arrange a small weight such as a pair of pliers with a rubber band around the handles. This will

Step 1



Step 2

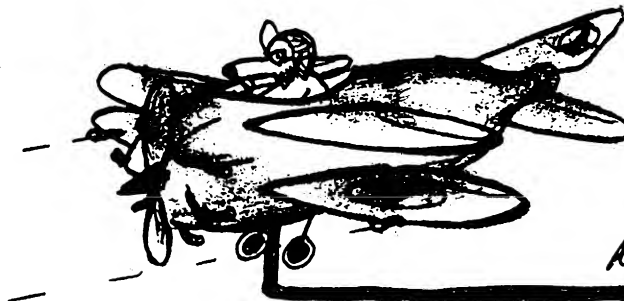
Add bits of masking tape till prop stays level.



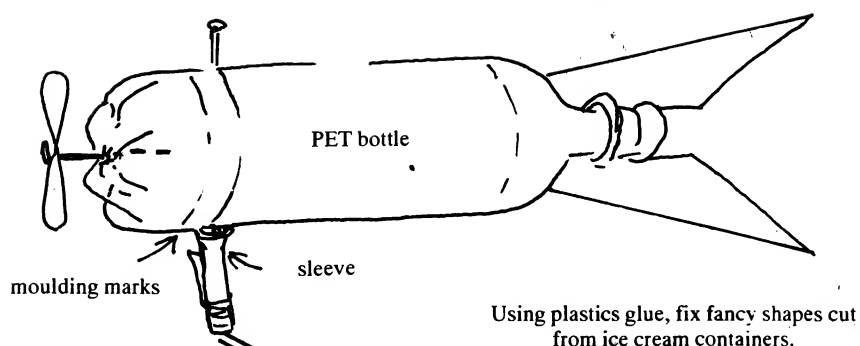
WIND VANE

The wind vane is an adaptation of the propeller idea. Once the propeller is made, insert it into the centre of the shaped end of an empty PET bottle. Using the moulding marks on the bottle as a guide, pierce two holes (with hot wire) equidistant on opposite sides (see diagram). Take a length of fencing wire

about a metre long. Coil one end around a post, leaving about half a metre free. Bend the other end so about 1½ centime-

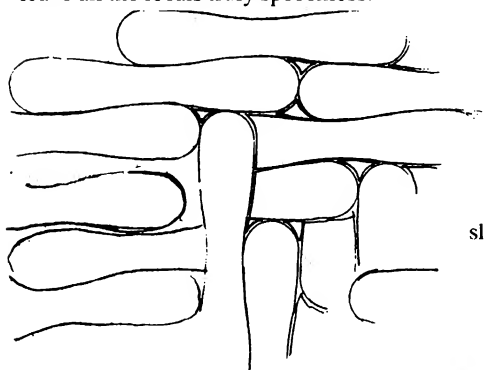


tres is vertical. Slip a sleeve (made from the cap of an old felt pen) over the wire and drop your wind vane over it with a long nail going through the top of the bottle, out the bottom and into the sleeve. Make sure the bottle revolves freely in a complete circle and doesn't snag on the support bracket or the post. You can use bright paints to decorate your masterpiece. If you place it near the vegie garden it may even scare off a few pesky thieves from your fruit trees.

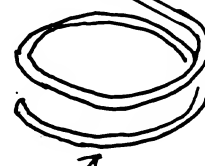
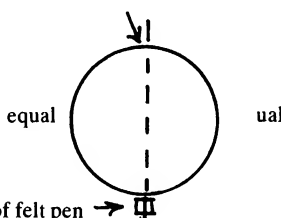


ANOTHER NOVEL IDEA

If you have enough of these useful critters, use them to cover an old coffee table. Glue, sand, stain if desired, and Estapol for a conversation piece that will leave all the locals truly speechless.



Holes formed with a hot piece of wire.



Wrap around a post.

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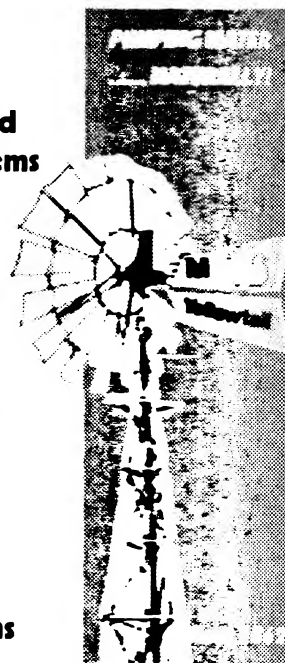
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RETIREMENT MOVING FROM CITY TO COUNTRY

by Retirees, Wedderburn, Vic.

In many issues of GR I have read people are debating an intended move from the city to embrace a GR existence. Concerns about jobs, acceptance, ability to survive in a new environment abound. Many seem young and with young families. Maybe it would help to relate our experiences. After 12 months here I am nearly an expert in our selected 'farming' (alpacas).

When my husband retired due to ill health, we discussed our future with some financial experts. I mentioned a country move and was laughed at. Then I realised that by placing our money as the experts directed, they would be getting big commissions, while our money earned minus x% in some terms. There had to be a better way and at least we would enjoy doing it.

A family conference was called and we told our two adult children we were selling up in Melbourne and moving – giving them heaps of time to arrange their lives. We drew up a list of parameters, bought a Readers Digest Book of *Australian Places* and a book of *101 Alternative Farming Ideas*. Instead of the river and 40 acres minimum that we first opted for, we ended up in a dry gold country, on 20-odd acres.

In the 12 months we have totally refenced the property with subdivisions, remade dams, remade and surfaced the internal roads, cleared the ground and cut down dead trees, acquired 19 alpacas, peacocks, chooks, turkeys, ducks, geese, bantams, guinea fowl. Even our two city cats have adjusted. I am working on a TAFE course – fleece production – alpacas.

On the negative side; the garden has gone to pot and the alpacas have eaten this year's fruit blossoms.

Local people could not be more helpful, especially after we had the paddocks cleared and cultivated, keeping some areas for wildlife and installing hollow logs for sugar gliders and birds. We are reminded that snakes are around and to



Learning about farming alpacas and improving their property is keeping some GR 'retirees' busy.

be careful. Help is continually offered.

The rural health team is excellent, helpful and supportive. The move has given us an interest, peace and a purpose. I am sure there will be problems later and we are praying for rain, but if two, now-grandparents (over 60 and not well) can relocate and manage, others too can go and live their dreams.

Soon we will have alpaca fleece – various colours and grades, chemical-free, for sale – contact me if interested. Anyone interested in acquiring a few al-

pacas (wethers) for sheep guards can contact us as well, as I have a couple that could be perfect for that purpose – also a few young males for pets.

If anyone is considering alpacas as an alternate farming venture and I can be of assistance, please write (PO Box 3, Wedderburn 3518).

Finally, I would like to thank GR for their help. When I called the office to see if any past issue featured alpacas, they kindly steered me towards a rival (?) magazine that could oblige.

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AD-LIBBING THROUGH WORKSHOP BLUES

by Thea Boughton, Happy Valley, Qld.

Throw-away society or not – one person's trash is still another's treasure. Even our own spare bits and pieces have the capacity to become handy little treasures in both the workshop, the home, and around the property. They can ease the handyperson's way through some difficult and annoying situations that have a nice way of popping up when you least expect them. Try some of these:

ROLLING TOOLS?

Fed up with tools rolling off the workbench? Try drilling a thin hole down the handle and plugging it with an appropriate sized nail. By weighting one side of the handle this problem can be sent packing.

MAKESHIFT WRENCH

Lost the wrench? Get a bolt with two square nuts on the threaded end. Using a spanner adjust these nuts to fit the work you want turned. Bingo! Not bad eh?

RUSTY SCREW?

You want it out, but you don't want to break off the head, right? Well, drip some light oil onto it, and heat it up with a soldering iron. More often than not you will be able to successfully remove this screw.

TEMPORARY BENCH VICE

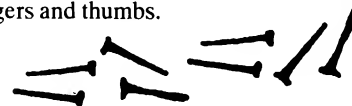
Here's what you do when your mate has commandeered your trusty bench vice. Get two clamps. Lay one on its side and secure it to the bench with the second clamp. It's great for small jobs.

SIMPLE SHELVING

Want to make use of spare roof guttering? Try cutting them into lengths to fit inside the studs of your garage, shed or workshop walls. They're ideal for storing nails, screws, and other little bits and pieces.

SKINNY NAILS

Slender wire nails can be a nuisance to drive into some woods. Try using a spring paper clip to grip the nail, it will reduce the chances of bending the nail, and increase the chances of healthy fingers and thumbs.



LOOSE BOLT?

Drill a little hole into its head. Drive a nail through the hole and on into the wood beyond.



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House Cow Know How

by Christine Berry & Jo-Anne Kokas, Duns Creek, NSW.

A house cow is a rewarding, valuable and important part of rural life and can supply the farmer with milk for the family to drink, for butter, cheese and yoghurt, for custard, or to add to gravy or desserts. Her milk can be shared by her natural calf, or foster calf, or fed by bottle or tube and teat to a poddy calf, or can be fed to a piglet to be raised for meat, ham and bacon.

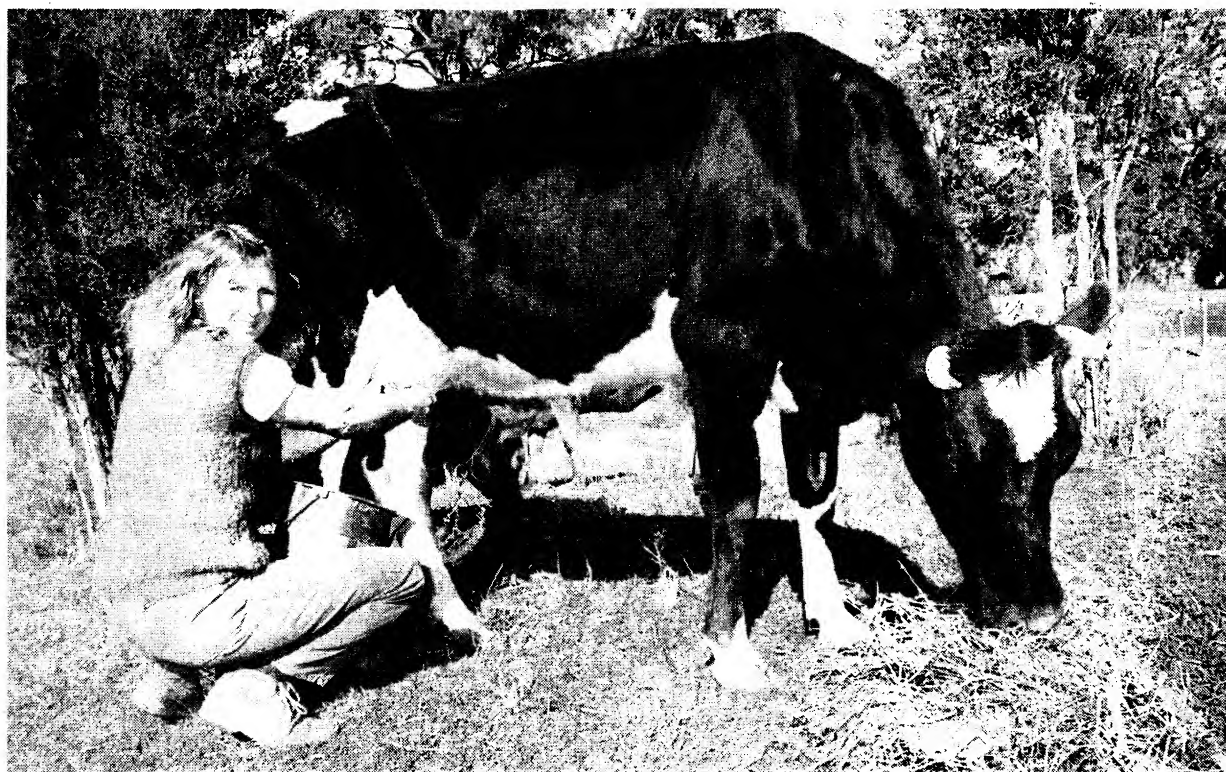
A small well managed holding of a minimum of five acres, with good soil and improved pastures, divided and strip grazed with electric fencing system, can maintain a house cow in good condition when weather conditions are favourable. The larger the grazing area the better, but look at the land with an honest eye. Be realistic about the quality of the land, its carrying capacity and what it can provide for a cow. Be prepared to offer some form of supplementary feed all year round and even more in drought times. Keeping a house cow is a costly exercise, but well worthwhile indeed.

Install an irrigation system if possible and spell areas of grazing to ensure a sweet, fresh pick is always available. A clean, fresh water supply is essential from a dam or trough and must be freely available. Learn all you possibly can about the house cow and note what 'good condition', 'good health' etc mean.

A shed or stable with a bail and headlock, and an escape-proof pen (one so secure that the calf cannot get its head through the rails to reach its mother, or even worse get its head stuck and strangle, as has happened to other unfortunate calves in the past), with straw bedding for the calf, must be made ready for the cow so that you have somewhere sheltered to milk her and so she has a protected area during all weather conditions. Some cows may be milked outdoors, but there still must be shelter available for her and especially for her calf. The feed storage area must be absolutely cow proof or she will help herself often. A salt or mineral block must be available for the cow all year in the shed.

A house cow is usually milked while she is eating concentrates or grain to keep her still and make the event a very enjoyable one for both the milker and the cow. Extra supplements of hay and grain are essential during drought, cold or wet weather periods; in fact it is often ideal to feed her extra rations when she is pregnant, or lactating, or dry, to ensure she can provide the house with the best quality milk and remain in the best of health and condition.

The house cow breeds are the small Jersey and Guernsey, and the larger Holstein-Friesian, Illawarra, Ayrshire, and various newly developed breeds which can be quite expensive to purchase. Cross bred cows, a mixture of dairy and beef breed, have been known to produce enough milk for a calf and the household, but perhaps the selection of a dairy breed is best as her demands for food would be turned into milk and not body fat and muscle. Sometimes, however, one must purchase whatever is available in the district.



Christine milking a very quiet and contented looking cow in the open, with no restraints needed.

Newspaper livestock classification columns may be a source for purchase, or at the cattle sale yards, or by private sale through recommendation or enquiry locally. Dairy farms sometimes sell a cow culled for a variety of reasons and this is often an excellent outlet as her history will be known and she will be well handled and probably already trained for milking. Cattle auctions often have a dairy ring where dairy cows are offered for sale. It is advisable to take an experienced person to help you select and bid, or talk with an agent who is operating from the sale yards for his advice. He may even bid on your behalf.

A cow offered for sale as a house cow will have had a calf and be producing milk, and may or may not be sold with her calf at foot, or will be close to calving and will be displaying an udder ready to feed her newborn when it arrives. A cow coming from a herd may need her calf for company to avoid stress or loneliness at her new home. It is ideal to purchase a young cow with her second calf at foot when she will be approximately four to five years of age.

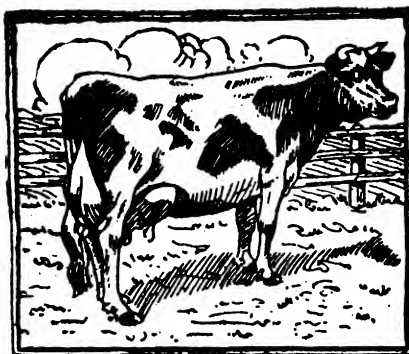
Ask for details of her history, deworming and delousing products used and make a note of the dates for next and ongoing treatments, which are essential for good health.

The dairy breeds are generally handled from birth and have a naturally quiet nature, however, some can be nervous or touchy with a strange person, and time, food and kindness will usually settle her, while another may be bad tempered and difficult to handle so avoid buying her. Temperament is as important as her udder and far outweighs the colour, markings, or conformation of her body, or the tear she may have on her ear.

When selecting a house cow ask the vendor to demonstrate the approach she is familiar with, the tone of voice used (and her name if she has one), and the best place to touch her initially. Then watch the type of restraint used to keep her still while milking and note the type of food offered so it can be continued if you take her home.

The udder should be balanced in size and even in all four quarters and warm to touch, with no lumps or obvious sores on the outer skin. Each quarter should have one long teat, free of blisters or injury. If she has had her calf and is in milk then a demonstration of milking

is ideal, but if her calf is not yet born the teats should not be pulled or milked, but simply handled to demonstrate that the cow can be touched without fussing or kicking.



Once your house cow arrives at your property spend the first day getting to know and comfort her, feed her in her bail and do not let visitors disturb her. Place a collar on the calf before it gets off the truck and lock it in its pen beside the bail and allow the cow to see and touch it and bring the calf out to suckle and be mothered many times during that first or first few days. (Always be sure to loosen the collar as the calf grows.)

If the house cow is freshly calved she will be producing colostrum which is absolutely necessary for the calf, providing antibodies to help its resistance to diseases, and the regular milk will come in about five to seven days after the birth. The calf should drink as much colostrum as it wants as often as it wants. Colostrum is a thick, yellowish sticky milk, high in protein and can be stripped from the udder after each feed the calf has had and fed to the pig or dogs. Sometimes it is blood tainted, especially in a young cow as a result of the enlarging of her udder which can affect and rupture the tiny blood vessels inside.

Once the colostrum milk is finished, production of ordinary milk starts and milking for the house can commence. After the calf has had its last feed for the day lock it in its pen, and feed the cow plenty of hay in the stable or leave the door open so she can go out to graze, but she will not wander too far from her calf locked in its pen. She will want to know it is all right.

Early next morning, before the flies get up, take your thoroughly clean stainless steel or enamel bucket (or plastic is okay too) and a bowl of warm water with a cake of udder soap and a clean cloth out to the stable for milking.

Feed the cow in her bail and headlock, or apply the necessary restraint, and wash your hands. Wash the udder gently and quickly with the soap and water and dry off with the cloth, and apply a little udder cream to prevent chafing or soreness to the teats while you are milking.

The teats need to be stimulated to encourage the cow to 'let down' her milk and the washing and creaming process should be enough to commence the flow. As in all things, cows are individuals and there are always variations to the norm. Squat beside the cow's udder on a block of wood or a stool and milk quickly and quietly; you have about eight minutes maximum time to obtain the milk.

Aim the first squirts of milk onto the ground as this often contains germs or dirt and then place the bucket under the udder or hold it between your knees, your comfort is important. Milking is a skill and some people readily take to it while others can never do it. (Sometimes some people choose not to adopt the skill as they never wish to have the responsibility of being the milker! That is their loss.) The teat fills with milk and the thumb and forefinger block off the supply from the udder at the top of the teat, while the other fingers push the milk down the teat and out of the opening at the bottom.

Take enough milk for your needs, preferably from two of the quarters only as stripping them out will provide the rich 'last milk' which contains the cream, as well as leaving the other two quarters of milk for the calf which it must have for proper growth and development at least twice a day.

The milking complete, the bucket should be immediately covered with a towel or lid and taken quickly into the kitchen and strained through a piece of cheesecloth into a clean glass container and refrigerated. Cream will rise to the top as the milk cools and Jersey or Guernsey milk will contain more cream than the larger breeds.

During the first two months of lactation the cow will produce a large quantity of milk and may level off to her own capacity after that time, which will still be plenty for house and calf. While lactating she must receive adequate pasture and supplements. The calf can be allowed out all day either to run with its mother while grazing or be tethered out with collar and chain to eat grass in the paddock, provided there is water, shade

and shelter for it. Ensure that the mother can come back to the calf and feed it if it's tethered during the day. At night the calf will enjoy coming in with its mother and being penned up, provided it gets extra supplements of grain and hay too. A difficult calf can be handled much easier while it is wearing a headstall rather than a collar. Be sure to adjust the headstall as the calf grows.

If the calf is a male it should be castrated as soon as possible and this can be arranged through a veterinarian, artificial insemination practice or local experienced farmer. The usual method is emasculation with a rubber ring.

If your house cow does not have a calf at foot when you buy her then you must milk her twice daily for the first few months and then when her supply regulates itself, milking once daily is enough, provided the cow is able to cope with that. Some cows do, some do not and start to dry off prematurely. Take note of the daily amount of milk you get from your cow and base the cow's acceptance of once-daily milking upon that. If supply drops down, milk twice a day.

Next time I will tell you about mating your cow and weaning the calf.

The following GRs also have articles on house cows: 32, 34, 44, 53, 58, 81, 85 & 93.

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The writer of the letter we judge the best for the year – the one that most makes our office full of would-be travellers want to get up and go there – will receive a free GR subscription for themselves and one for their local school, library, or environment group.

It might help your cause if you send a photo that epitomises what you love about your area. Put pen to paper and sell us on *your* locality.

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Chesterfield Farm, an historical dairy farm at Scoresby in the eastern outskirts of Melbourne, has recently been long-term leased by the organisation associated with the development of the Seymour Alternative Farming Expo. It is currently being developed to be a permanent educational resource and tourist attraction – within the operations of a working farm enterprise.

Accessible to metropolitan Melbourne, it will enable visitors to experience the lifestyle and challenges of country living and to see both traditional and new rural enterprise opportunities.

New farming techniques involving exotic animals such as alpacas, ostriches and traditional forms of farming livestock and cottage industry skills are on display.

Plans for the Farm's programme include a regular farm expo and later, food and wine expos, harvest festivals, together with educational workshops and tourist trails.

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USING SEAWEED

by Helen Anne Bell, Gymea, NSW.

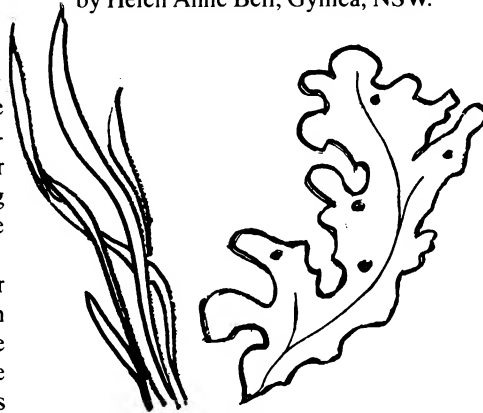
Bladderwrack or kelp, is best gathered from unpolluted areas where there are no sewage outfalls. Although it is deposited on the beach, especially after storms, you ought to consider collecting it from the ocean itself, because shore deposits may not be fresh.

Soak it for an hour or so in cold water in your laundry tub. Peg it securely on the clothesline. After some time in the sun, salt is exuded so I hose it down once or twice to remove it. A little saltiness adds to its flavour.

When brittle-dry cut it into small pieces, two to three centimetres long, with sharp secateurs. Store in large airtight jars in your pantry.

Alternatively, use a coffee grinder to grind the pieces into fine crumbs. These can be sprinkled raw onto salads or sandwiches, or on top of cooked foods for the maximum benefit of their vitamins, minerals and trace elements.

When sprinkled on a bowl of soup, a



delicious aroma of the seaside arises – quite an appetizer! Ground kelp replaces the use of salt and pepper.

Kelp can be cooked in soups or stews. Simply add as another vegetable. A pressure cooker will reduce it to jelly or it can be cooked in a saucepan until softened.

Kelp contains the mineral iodine which is required for the synthesis of thyroid hormones from the thyroid gland. These stimulate the metabolism.

Kelp is an effective herb for those who have excess weight or fatigue. It is listed as a phyto-oestrogen and is very helpful for male or female menopause and for women with hormonal disorders, for example, infertility, endometriosis, premenstrual syndrome and heavy painful periods.

To produce liquid garden fertiliser, leave kelp to soak in a covered bucket. Drain off liquid for your plants. It gets smelly, but can be used for two or three repeats. Add leftovers to your compost heap.

After the rains washed away the topsoil on my sloping site, I top-dressed the bare clay with ribbon weed, finishing with a dusting of fine sand and soil. The first 'plants' to grow were dandelions, paving the way for native grasses. After eighteen months I had a thin soil with a native grass cover.

Kelp is a panacea – good for garden and table use.

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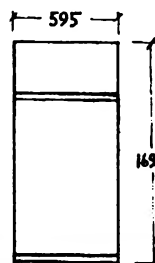
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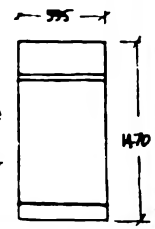
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PISTACHIOS

Growing and Using

by Jim Martin, Mildura, Vic.

The pistachio is a native of western Asia and Asia Minor (historical name for Anatolia, the Asian part of Turkey), and was introduced into Australia by Don Maggs at the CSIRO in 1967. At the time I was employed as a technical assistant with Mr Maggs, hence my introduction to the pistachio. After leaving the CSIRO, I continued my association with the pistachio as a nurseryman, supplying budded trees, seedlings, rootstocks and seed to clients in many parts of Australia.

GROWING

The pistachio is a dioecious (male/female compatible pairs are needed as the male and female reproductive organs are in separate flowers on separate plants), hardy and salt tolerant plant. It grows in most soils, provided there is reasonable drainage. They grow to about the size of an orange tree and are suitable for backyards. The chilling requirement compares with that of most stone fruits, but late frosts in October can cause damage when trees are flowering. Summers should be hot and dry weather is needed in February and March when the crop is maturing as rain causes staining of the kernels.

Good rainfall areas with some supplementary irrigation are suitable.

Trees are budded onto suitable rootstocks, either in a nursery situation or in the field. Spacing of trees may vary with individual growers, but should be at least 8 x 7 metres apart, with a ratio of one male to eight females. Pollen is distributed by wind assistance, not bees. Rainy conditions at pollination period in October can be detrimental to fruit setting.

PESTS & DISEASES

Diseases

Pistachios are susceptible to verticillium wilt and botrytis.

Pests

Stink bug, lygus bug, leaf-footed plant bug. These bugs all cause epicarp lesion on young nuts and should be controlled accordingly.

HARVESTING

Trees produce a crop in the sixth year and they are harvested in late March. Nuts can be harvested by hand, hitting the fruit-laden branches with sticks, knocking them onto sheets placed under the trees. Large orchards are harvested by machine. Mature nuts can be eaten straight from the tree, and there is a limited market for fresh nuts.

PROCESSING

After harvesting, fruit should be

processed promptly to prevent the development of heat and fungal diseases, by immersing in water, to float off the blanks (empty nuts that have been aborted). The viable nuts are then put into a commercial potato peeler or nut dehuller to abraise the hulls off, before they are sun dried. The ratio of weight from green to dry is three to one. For domestic use, after sun drying thoroughly, they should be put into sealed plastic bags or sealed tins and stored in a cool place.

For salted nuts, dry in the sun for a few days, agitate for three minutes in a fifteen percent brine solution. Dry for 30 minutes at 70°C. Roast for 10 minutes at 120°C.

MARKETING

For small growers a cottage-type industry could be suitable. For larger growers it would be better to contact: Martin Simpfnodrfer, Secretary PGA, PO Box 34, Paringa SA 5340. Ph: 085-855-034.

RECIPES

The following recipes are from a booklet, *Cooking With Pistachios*, published by the Pistachio Growers' Association Inc.

Avocado & Pistachio Soup

- 900 ml chicken stock
- 1 small onion, finely chopped
- 1 cup pistachios
- 2 avocados, halved
- 15 ml butter, softened
- 10 ml lemon juice
- salt and pepper

Simmer the stock, onion and pistachios in a covered saucepan for 30 minutes. Meanwhile, rub the avocados through a strainer and mix with the butter and lemon juice. Remove the stock from the heat, blend in the avocado mixture and season to taste with salt and pepper.

Nut Croquettes

- 1 cup grated pistachio nuts
- 1 cup mashed potatoes
- 1 cup breadcrumbs
- 3 eggs
- salt



Moisten and mix the nuts, potatoes and breadcrumbs. Add the beaten yolks of three eggs and stiffly beaten white of one; salt to taste. Form into croquettes; dip in egg and breadcrumbs and bake until brown.

Peach and Pistachio Ice Cream

4 ripe peaches
1 tbsp lemon juice
half cup sugar
2 cups blanched, chopped pistachios
half-cup cream
quarter-teaspoon almond essence
1 litre vanilla ice cream

Peel peaches by dropping into boiling water, leave for 1 minute, lift out and slip off skins. Remove flesh from stones

and mash coarsely using a potato masher. Mix with lemon juice and sugar and chill in the freezer for 30 minutes.

Soften ice cream slightly. Whip cream with almond essence until stiff. Quickly mix peaches and pistachios with whipped cream and stir into softened ice cream. Place back into freezer until firm. Serves 6 - 8.

Contact

Pistachio trees are available from: Sunraysia Nurseries, Gol Gol 2738. Ph: 03-5024-8502.



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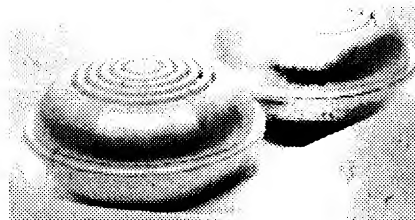
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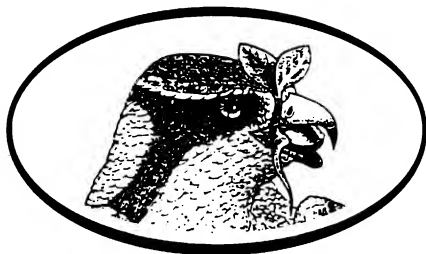
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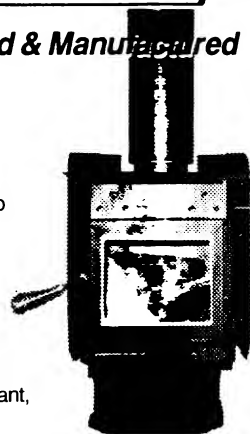
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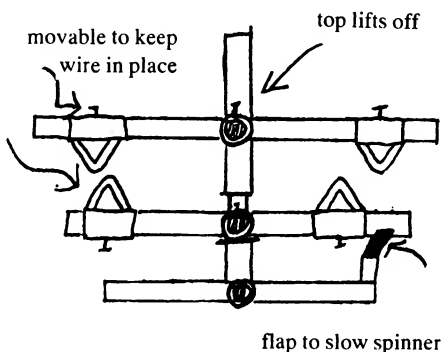
When I left you last time, we had got the pickets, strainer posts and stays all in and the top wire tied to the top of the post. Now it's time to run and strain the wires.

RUNNING THE WIRES

Set the spinner up a metre behind the strainer on flat ground, if it is not flat flatten it with a shovel. It is easiest to run the bottom wire first, the bottom wire goes through the second-last hole on a picket; the wire to be threaded through this hole is 2.80 mm. The middle wire is the sixth hole down the post, this wire is 2.50 mm. The next wire, when using wire netting, is the top wire that the netting is tied to, and it is the third wire from the top, this wire is 2.80 mm. The next two wires are the top wires which are both barbed wire if you choose that medium, or 2.80 mm wire. The very top wire, which is already tied to the top of the posts, goes into the very top half-hole and will need to be tied on with 2.60 mm wire (I'll explain later). The second barb will have to be tied on too. If using plain wire it will be threaded through the hole (see diagram on hole position).

If you choose to run one gauge of wire, that is fine. If you choose to use both gauges of wire, then you will either need two wire spinners or to run all the 2.80 mm wire first then put the 2.50 mm roll on the spinner. Try to keep the wires in their respective holes in the picket and check that they are as you walk back to the spinner. If you did miss a hole, cut out the wire and thread through the proper hole and rejoin (explained in previous article). Once you are back to the spinner, grab the wire and pull up all the slack. Now you will have to judge where to cut the wire as you need to leave at least half a metre slack in the wire after it has been tied to the post, for straining. Usually, if you cut the wire a metre past the post this will leave you enough slack in the wires for straining. Once cut, tie the wire to the appropriate mark on the post, making sure to also tie the wires to

Wire Spinner



the intermediate posts (or every second one, as previously mentioned) as they are the same as strainer posts.

STRAINING THE WIRES

The top wires are strained first, so walk down the fenceline until you come to roughly the middle of the first two posts that the wires are tied to. Pick up the wire strainers, put the chain end over your shoulder to keep it close to hand. Put the handle between your legs so your hands are free. With one free hand pull up the slack in the wire, with your other hand squeeze the jaws on the handle end to open the groove, put the wire in the groove and give the handle a jerk. This will give the jaw a good grip on the wire.

Put the handle between your legs and twist your legs to keep the wire strainers taut so that they won't fall off the wire. Put the chain end on the same way, also giving the chain a good hard jerk. Keeping the chain taut, pick the handle up and put the chain into the claw on the handle.

Now sit the wire in the half-hole so it will support the wire while you strain. Pull the handle back and forth or, if you like, pull and push the handle a few times to take up the slack. Check that the chain is not twisted, if it is turn the jaw on the chain end on the swivel while turning the handle in the opposite direction.

Pulling the handle back and forth again, watch the wire if there are any depressions in the ground as the top wires will go straight with the strain and might

make it hard to pull the wires down to the post in the depression. If there is a depression, walk down to where the wire is high and put the wire in the half-holes each side of the depression and see how hard it is to pull down. If it is hard to pull down, don't strain any more and go tie the strain off. It is necessary to do this to the second wire on a netting fence as well, but only if it is barbed wire, as the plain wire will be threaded through the hole.

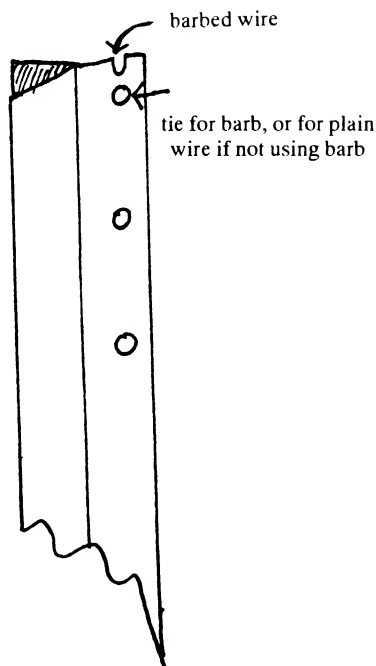
To tie off once you have the desired strain, cut the wire 20 centimetres or so down from the jaw on the handle end. Crimp and bend the wire so the long end won't fly into your face, bend the short end up so the wire won't slip through the jaw. Pull the long end down on to the chain so you can get a true length. Now grab the long end of the wire with your pliers about five centimetres back from the bend in the short wire. Make a loop by bending the wire over the pliers. Now put the pliers across the loop to hold it while you tie the rest of the wire. Using your hip, take up the strain again until the loop will fit over the short wire all the way to the bend on the jaw. Pull the short wire over, forming another loop, and tie.

Ease off the strainers slowly. Now, to get the strainers off, work the handle in the opposite direction to when you were straining, pushing the handle far enough to release the claw. Make sure that you keep a hand hovering over the claws and give the chain and the handle a flick to release them from the wire.

When the top wire is strained (and the second one if barbed wire), it will need to be tied to the picket. This is done with 2.60 mm soft wire. Cut a length and walk to the first picket, put the wire in the hole directly below the half-hole, about 10-12 centimetres, then bend the other end and cut; this is now called a tie. Now the ends go on opposite sides to each other on the wire. Tie the ties in the opposite direction to each other. Do the same to all the other pickets and for the second wire once it is strained.

Now strain all the other wires, but watch for the depressions if they are

Position Of Top Wire



deep, as the post might lift and if the picket lifts more than a few centimetres then it will need a tie-down (explained later). To get the right tension in the wires is only a matter of feel, or if you have little confidence in your judgement you can buy one of those tension sensors from Cyclone. It is not difficult to get a feel for tension; basically when the wire strainer handle is hard to move, stop and walk down the line a bit and flick the wire in a few places as you go. If they make a sort of ping noise (for want of a better word), it is tight enough. It is also a good idea, when moving the handle becomes hard, to put your hip or thighs behind the handle, this will help and is safer.

Next time I will tell you about rabbit-proofing and attaching the wire mesh.

HANGOVERS AND THE DAY AFTER



by Gaelle Murray.



You're a party person, but it's no problem, until the next morning. The birds are chirping through a loudspeaker. All that golden sunlight streaming through the window feels like acid in your eyes. You are regrettably, but absolutely certainly hung over. The big question is, what can be done about it?

Unfortunately, there is no one thing that cures a hangover, except time. But there are a few things one can do to relieve symptoms, to get through the day as painlessly as possible:

Drink fruit juices. They contain a form of sugar called fructose, which helps the body burn alcohol faster. A large glass of orange or tomato juice will help hasten the removal of alcohol still in the system the morning after.

Eat crackers and honey. Honey is a very concentrated form of fructose. It will flush your body of any alcohol remains.

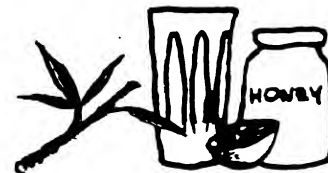
Willow bark is a natural alternative if

you'd like an alternative pain reliever. It contains salicylic, the active ingredient in aspirin, which is released as you chew it. Your local health food shop may stock it.

Homemade soups will help replace the salt and potassium the body loses after drinking.

Having plenty of water before you go to bed and again when you get up next morning will help relieve discomfort caused by dehydration.

Have two cups of coffee because it acts as a vasoconstrictor – something that reduces the swelling of blood vessels that causes headaches. If possible a good light meal, no fats or fried foods will help replace nutrients.



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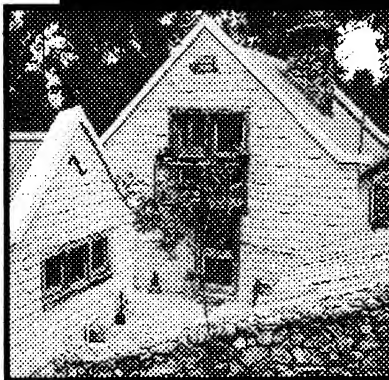
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The Earth Sanctuaries company was established in 1988 with the aim of furthering John Walmsley's long-held passion to preserve Australia's endangered wildlife. The strategy sounds simple – fence an area to keep out predators, dispose of the predators inside the fence, then re-introduce endangered species – but has been a massive undertaking. Much has been accomplished in the ten years since. There are now five sanctuaries covering 70,000 hectares in two states. The most recently established, Scotia Sanctuary, 150 kilometres north of Tamworth in western NSW, is also the largest, encompassing over 64,000 hectares. It features a mallee ecosystem, including the rare mallee fowl. Manager, Bryan Parsons gives us a brief look at the exciting work underway.

SCOTIA SANCTUARY

by Bryan Parsons, Scotia Sanctuary, NSW.

• Driving nonstop through the Mallee can give you the impression of sameness almost to the point of being boring. However, if you can take the time to stop for a while and see the remarkable plant and animal life that lives here I am sure you will become fascinated, as I have. My wife and I are fortunate to live on Scotia Sanctuary, the largest of the Earth Sanctuaries and the first one in NSW. My job as manager is varied, ranging from maintenance to marketing. I enjoy meeting people and therefore enjoy the guided walks and tours that we conduct on the sanctuary.

Looking out my office window I see the many acacias, turpentine bushes (*Er-emophila sturtii*), tall casuarinas, mallee trees and hop bushes that are among the 57 varieties of plants contrasting with the red soil of south-western NSW. The clear blue sky that is so common around here makes for a postcard window. Nestled amongst this is Ennisvale homestead and quarters, one of the two homesteads on the sanctuary. The 32 volt wind light stands in contrast to the modern solar phone tower. The 21 metre high TV tower doesn't guarantee good reception, but then TV isn't high on our activity list.

Beyond the homestead is the most exciting part of the sanctuary. It is here for the last 10 months that the workforce at Scotia has been concentrating all its efforts. A 36 hectare compound area has been completely feral-freed, and in this area our reintroductions, bilbies, woylies, boodies, hopping mice and plains rats, have been released. Surrounding this compound area is 40 square kilometres of diverse mallee vegetation that is also having a feral-free fence built around it. All this work is being done by 11 trainees (7 male and 4



Fencing under way at Scotia – a vital part of John Walmsley's conservation strategy.

female) who have been employed since April 1997. Their skills have increased enormously since they began and have ranged from surveying, pouring concrete slabs, fence building, gridding, to learning animal care and plant identification. A better group of people to work with would be hard to find.

The sanctuary doesn't end with the construction of this fence; we intend to feral-free fence the entire boundary. Four feral animals, namely goats, rabbits, foxes and cats, will be excluded by this fence. We are upgrading many of the activity and interpretive aspects also and part of my time lately has been checking possible routes for some of these pastimes.

Bike riding is an enjoyable way of

Mallee Fowl and Mound



These fascinating birds are under threat because of predation and habitat destruction.

seeing some of Scotia and I quite often find myself peddling up to the new kitchen/restaurant/office complex which is nearing completion. I was fortunate recently to take an early morning flight over part of the sanctuary. Seeing the golden sunlight spreading over the mallee trees is something to remember.

Scotia is made up of two former sheep stations, each 80,000 acres, and their history is all around us. The early graziers have to be admired; their determination and resourcefulness must have surely been tested in days when water could only be relied on during the cooler months and when everything was done by hand. Modern technology, including

fax machines and computers, brings the world to within easy reach. Fortunately, Scotia allows us to escape and enjoy the land at least partly as it was hundreds of years ago. I look forward to sharing some time at Scotia with you.

Previous Articles

We introduced readers to John Wamsley and his visionary Earth Sanctuaries company in GR 123. The following issue, GR 124, followed this up from the viewpoint of an enthusiastic shareholder.

Contacts

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via Wentworth 2648. Ph: 03-5027-1200.
Earth Sanctuaries (Head Office),
PO Box 1135, Stirling 5152.
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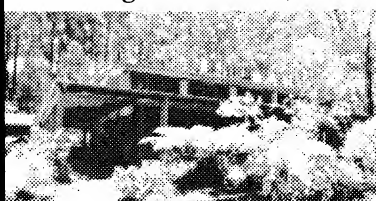
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**"The 'Gift of Heaven' from
the High Country"**

Grass Roots readers, and contributors can be relied on for originality and variety in their methods of tackling any task. Since the publication of the 'Tapping A Dam' article in GR 124 we have received some feedback expressing concerns about it. We thank the authors of the following articles for contributing their expertise to share some alternative and safer ideas for accomplishing the same ends.

RIGGING UP A PERMANENT SYPHON

by Chris Oliver, Miriam Vale, Qld.

Sometimes it's possible to rig up a permanent syphon to provide water to a garden or a house situated below an elevated dam site. The minimum fall would need to be about two metres for the exercise to be worthwhile and at those low heads there would not be a lot of pressure (1 metre of head = 9.789 KPA or 1.42 PSI). However, given enough volume some useful results can still be achieved. Volume equates to large pipe size and for most people the largest practical size will be the good old 50 mm poly. To some extent the longer the pipe on the downhill side the better. I have found that a ratio of 4:1 works okay. Say, 20 metres of pipe from the highest point back to water level and about 80 metres on the downhill side. This works out nicely with a standard 100 metre roll of poly. In addition you will need:

1 x 50 mm elbow poly x female iron BSP

1 x 50 mm end connector poly x male iron BSP

1 x 50 mm nipple

1 x 50 mm brass (clacker type) foot valve

1 x 50 mm x 1" tapping saddle

1 x 25 mm x 600 mm plastic riser male iron x male iron

1 x 25 mm cap

6 x rolls thread tape

1 x plastic drum for float

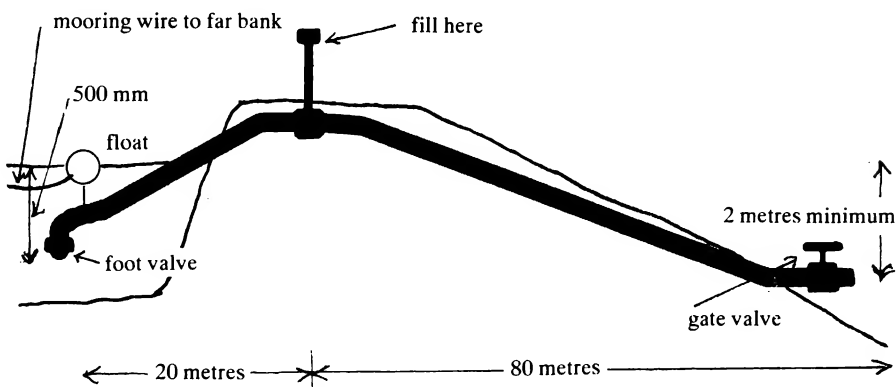
These are all common items available from any rural or irrigation supply centre. The mixture of metric and imperial terminology is as quoted in Philmac Catalogue.

SETTING UP

Assuming that the pipe will be buried, clear the route and dig a trench. Arrange to have gradual fall both ways from highest point of dam bank and try to avoid any undue undulations. Unroll pipe and adjust and roll it around until it lies as flat and straight as possible.

Use plenty of thread tape and screw 50 mm nipple into foot valve and attach to suction end by way of 50 mm elbow

Layout Of Typical Farm Syphon



connector. Fit gate valve to delivery end with the straight 50 mm end connector.

Attach float with wire or chain and ensure that the inlet is at least 500 mm below surface (to avoid sucking air). Float the assembly out the required distance from the bank and tie off to a tree or a peg on the far side of dam (8 gauge fence wire best for this).

Put pipe into trench, pull back a little against the wire and get helpers to back-fill, say, five metres on downhill side to hold everything in place.

Now comes the fun bit. Fit the tapping saddle to the pipe at the highest point on the dam wall. Ideally, there should be a steady rise from water level and a steady fall on the delivery side. In the real world it doesn't always happen and a few undulations won't hurt.

Make absolutely sure that the tapping saddle is fitted correctly. You will need to excavate some soil from around the pipe to give yourself room to work. I usually fit the saddle and drill the pipe wall with a small hole saw afterwards. Screw the 600 mm riser into the saddle with lots of thread tape and loosely fit the cap so that it isn't lost.

We don't backfill yet because it is possible to get air locks and it helps to be able to shake the pipe about.

Arrange for some helpers with buckets and fill the syphon through the 25 mm riser. It will take a while, the syphon holds over 200 litres of water and you'd better check that the gate valve is turned off.

When you have it full, bleed off a few buckets of water through the gate valve and walk back up the pipe lifting it to waist height occasionally. This sometimes encourages any entrapped air to work its way back and bubble out the riser. Refill syphon, leave cap off riser and have smoko.

Assuming that the riser is still full when you return, fit the cap with plenty of thread tape for there must be absolutely no leaks. Turn on the gate valve and you should be rewarded with a strong steady flow of water. No? Well fill it up and try again. Check for air locks and leaks. Provided you have two metres of fall (it *will* work with less) it has to work.

Let the water run for a few minutes when you get it going and then you can turn off the valve and backfill the trench. That's the actual syphon finished. Depending on circumstances you can continue on down slope with the 50 mm poly or reduce to a smaller pipe size. It's up to you.

ADVICE ON DAM TAPPING

by Meinrad Renner, Prenzlau, Qld.

I have bought my first issue of *Grass Roots* today and I have to say I am quite disturbed having read the article 'Tapping A Dam'. I would like to raise several issues with regard to this matter. I am a qualified engineer and have a number of patented inventions. I would like to express my professional opinion on some of the main questionable statements made in the article.

Quote: *To tap the dam through its wall . . . dig into the dam wall until about 30 centimetres from water.*

There is absolutely no need to dig any holes into the dam wall. It will only ruin a good structure and can even be dangerous, especially if the dam is above the house, or more immediately if the wall breaks while working on it. Instead, the pipe can be run over the wall. As long as the water outlet is just a bit below the water surface, air pressure will force the water up to ten metres high over the wall (practical is only about seven metres).

Quote: *. . . elbow on water inlet to raise inlet above mud.*

Most dams silt up more or less and eventually clog up any close-to-ground inlets, or at least cause unwanted dirt to enter the pipe. Instead, the inlet should be suspended on an assembly of, for example, an empty but closed container (eg 4 litres) and a small rock tied to the end of the pipe. This will keep the inlet just under the water surface, supplying it with clean water, free of floating material or sediments. When the water level drops, the pipe drops.

Quote: *Ideally the water outlet piping*

of 40 to 50 millimetre galvanised steel piping. . .

The downpipe size of 40 mm is far too large and thus a waste of money and raw material. For example, if the dam is about 100 metres away from the house and lies only 15 metres higher than the house a 40 mm pipe would be able to deliver approximately 100 litres of water every minute. This is enough to serve between 10 and 20 showers at the same time. A much more sensible approach is to use 19 mm rural class B polyethylene pipe that supplies about 30 litres per minute at a 20 metre drop. If the drop is only 5 metres a 25 mm pipe instead will deliver the same amount of water. All this is based on a 100 metre pipe length. The shorter the pipe the higher the flow. Using the smallest possible pipe can be a dramatic cost saving, not only for the pipe, but also for all the fittings.

Quote: *Reducing pipe size from dam to house pipe size, 13 millimetres, will increase water pressure in house.*

This is inaccurate. Remember physics class? The static pressure (when no water flows) stays the same irrespective of the shape or size of the container (in this case the pipe) and depends in here solely on the height of the water surface in relation to the point of measure. When the water is running in the pipes we have friction at the pipe walls. This leads to a drop in water pressure and greatly depends on the velocity of the water. In a smaller pipe the water has to speed up for the same amount to get through, thus leading to an even greater

drop in pressure through higher friction. So we cannot increase the pressure of water by decreasing the pipe diameter, all we do is limit the amount of water that can be delivered per minute (flow).

Quote: *The cheapest and easiest to install is PVC piping. . . and other parts.*

The widely used polyethylene pipe is quite resistant to the sun's UV light, but seems to be not known to the author. Instead, he suggests to use PVC pipe and suggests to wrap the pipe with tape! If one insists on using PVC above ground, why not at least paint it (special paint is available) or choose a UV stabilised variety of PVC? But then again, in the sizes which are sensible for this application, polyethylene pipe is already cheaper without the special treatment. Not to mention the fact that PVC is made with vinyl chloride, a recognised human carcinogen.

The author also uses steel and copper pipes at will without pointing out the danger of electrolytic reactions in the water system which can lead to serious damage to the plumbing, not to mention the health risk involved.

Quote: *All joints are either soft solder or hard solder. . .*

Soft solder contains a considerable amount of lead and is in my opinion not suitable for plumbing at all.

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USING NATIVE GRASSES IN PASTURES

An Untapped Resource

by Meredith Mitchell, Dept of Agriculture, Rutherglen.

In temperate Australia there are over 64 genera of grasses that are indigenous. This provides a wide range of genetic material. Currently, no cultivar of any Australian native grass is commercially available. This is in contrast to the USA where about half the commercial species sold are based on selections from native species.

Before the widespread and heavy use of superphosphate in the 1950s, most of Victoria's livestock grazed native pastures. These pastures did not have high carrying capacities but were stable. They were composed of a range of native grasses and other plants from the original pre-European settlement that survived grazing by exotic livestock.

Native grasses are deep-rooted perennial species. They therefore offer all the benefits of perennial grasses in a pasture. If maintained as a stable perennial pasture, benefits include increased soil water usage, a reduction in soil acidification, and the prevention of soil erosion.

In this article I will confine the discussion to perennial grasses and their use in agricultural situations. Farmers have available to them many exotic perennial species, these include phalaris, cocksfoot, perennial rye grass and fescue. Within these species there are many cultivars.

Australian native grasses have many useful characteristics. Their adaptations to Australian conditions include:

- low soil fertility

- drought periods
- low soil pH.

Australia is the driest continent in the world and is prone to periods of drought that can be catastrophic to our pastures and grazing industries. Native grasses have evolved under these climatic conditions and are well adapted to survive drought stress and our seasonally unpredictable rainfall. Native grasses are also adapted to soils of Australia. Typically, our soils are low in nitrogen and phosphorous, among other nutrient deficiencies, and are also naturally low in pH. In conditions of low soil pH, the native grasses are better adapted than our introduced species. To successfully establish many exotic species (for example, phalaris), it is necessary to first lime the paddock. In many instances due to land values this expense is not economically justified.

Many of our native grasses respond to increasing soil fertility, but will persist without the requirement of a companion legume. The introduced species have the requirement of needing soil conditions that are high in fertility. If these conditions are not present, many species will not persist for any period.

Wallaby grass and weeping grass respond to increased soil fertility and fertiliser application. Weeping grass appears to perform best in pastures that have a history of top dressing.

Wallaby grass, spear grass and many of our other native grasses are tussocky

plants. These plants provide shelter for stock in bad weather, after shearing, and for lambs.

Many native grasses have long growing periods. They can respond opportunistically to rainfall and therefore grow throughout the year. Species such as phalaris become dormant over the dry summer months. This dormancy mechanism allows them to survive.

In no way am I suggesting that every paddock on every farm should be sown to native grasses. They are a specialist pasture. However, after mentioning all the positive aspects of native grasses there are some negatives. These are:

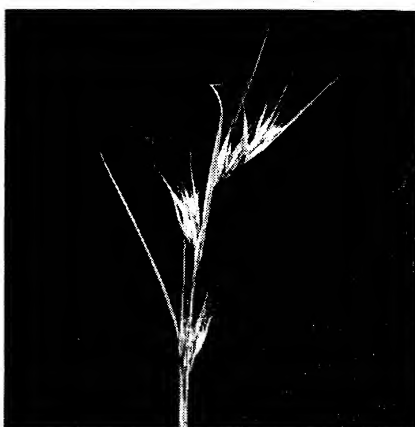
- no seed commercially available,
- cost of seed at present,
- native grass species with problem seeds.

At present in Australia no seed of any native grass is available. This situation is set to change in the next few years with several research projects selecting native grass cultivars.

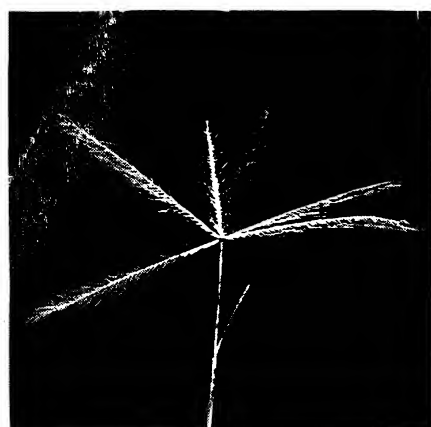
A native grass selection programme that began in 1989 has identified 20 promising lines of native grasses from a total of 825 accessions of 33 target species collected from 211 sites throughout Victoria and NSW. This programme began as a collaborative project between Agriculture Victoria and NSW Soil Conservation Service and now also includes Victorian Department of Conservation and Land Management. The aim of this programme is the selection of a native



Wallaby Grass



Kangaroo Grass



Windmill Grass

grass for use in hilly recharge areas where the soil pH and fertility are both low. Accessions have been evaluated for a range of agronomic and production attributes in nurseries at Rutherglen and Wagga Wagga.

The 18 best performing lines in the Rutherglen and Wagga Wagga nurseries have been selected for further evaluation. These lines include the following species: *Elymus scaber* (common wheat grass), *Microlaena stipoides* (weeping grass), *Themeda triandra* (kangaroo grass), *Bothriochloa macra* (red grass), *Chloris truncata* (windmill grass), *Chloris venticosa* (windmill grass), *Danthonia* spp. (wallaby grass), *Digitaria brownii* (cotton panic grass), *Enteropogon acicularis* (curly windmill grass).

Persistence, production, forage value, water use and palatability will be evaluated for three years in plots containing spaced plants of the promising accessions. Replicated block experiments have been established at four locations (Bendigo, Springhurst, Wagga Wagga and Cowra). Control species of *Siroso phalaris*, Porto cocksfoot, Consol lovegrass and Taranna wallaby grass have also been sown at the trial sites.

The present work aims to identify and develop commercially viable cultivars from the group identified as promising, which have the potential for relatively high water use and productivity, and good persistence on upland recharge sites. These sites are characterised by shallow, infertile, low pH soils, having poor water relationships, and are subject to high grazing pressure. They represent a significant proportion of the high rainfall grazing lands of eastern Australia.

Two other selection programmes are under way in northern NSW. There are two cultivars of wallaby grass that have been registered through plant variety rights. These were selected by the NSW Department of Agriculture at Tamworth. *Danthonia richardsonii* cv Taranna and *D. linkii* cv Bunderra are intended for use in grazing systems, but were selected on their seeding characteristics.

Three lines of weeping grass (*Microlaena stipoides*) are undergoing a selection process at the University of New England. The cultivars are Wakefield for pasture use, Griffin for turf use and Shannon for amenity use.

Because of lack of commercial seed

of native grasses, the seed that has been harvested from existing native grass stands, and is available for sale, is very expensive. It is anticipated with the release of lines of native grass that have been selected that the price will be reduced. Therefore, the use of native grasses by the farming community will become an option.

Now the only option in terms of native grasses is the management of stands that already exist. One of the main problems with this option is that of species recognition. To be able to utilise a pasture to its full extent we need to know what species it is composed of.

It is difficult to make direct comparisons between native and exotic grass as both have a role to play in sustainable agriculture. Native grasses have a large untapped potential. More research is required to fully understand the potential role these species may have in our agricultural situations.

Reprinted from *Trees and Natural Resources*, December '94, published by The Natural Resources Conservation League of Victoria, 593 Springvale Rd, Springvale South 3172. Ph:03-9546-9744.

SOLAR BOATING UPDATE

In GR 124 we told of Sydneysider Frank Wheeler's work in developing solar boats. At that stage he was going to try to break the world record for water

travel under solar power with his latest creation 'Sun Pirate 2'. Well, he's done it! After eight weeks of travelling up and down the Hawkesbury River between

the Brooklyn and Windsor Bridges, he beat the old record of 2507 kilometres.

Sun Pirate 2 took ten months to build and is the result of many years of planning and several experimental solar boat projects. It is constructed from recycled aluminum and power is supplied by twenty-four 80 watt solar modules arranged on the decking and above the cockpit area, linked to batteries stored below deck. The modules are interconnected by electrical wiring to a control panel mounted into the dashboard, providing 2400 watts on an average day, thus enabling the solar cat to be totally self-sustainable and capable of travelling twenty-four hours a day if desired. Any excess power not used during daylight hours is stored in four 200 amp hour batteries, producing the required 48 volts for optimum performance, that can be drawn on for night travel or when otherwise required.

Frank's totally environmentally friendly boat is a record beater!



IN THE YEAR 1996

by Dale Hansen, Mt Colliery, Qld.

In that year, I wrote an article in GR 117 under the heading 'I Wish Someone Had Told Me About – Sole Parenting', in which I gave a brief description of life in the early days on my block, rearing a young baby. There was an air of despondency in that article, and not long after I decided to throw in the towel and sell. It was one of my most difficult years, and the events played out cumulatively.

The new year began with a casual affair which resulted in disastrous consequences and violently shattered our peaceful existence. For the first time in our seven years here, my daughter and I lived in the grip of fear, that which only time would heal.

Early in the year I'd received a loan to sink a bore, which in the long run was not to be, as my car had to be immediately off-loaded for safety reasons. Then the header tank decided to pack it in. A car and tank later and the money was gone. The Darling Downs at the time was in the grip of a five-year drought, water scarce and mice building into plague proportions with winter's approach.

Mother Nature then had a change of heart and sent the long-awaited rains. With the creek full and rising, we packed a few clothes and headed for town before the crossings became impassable. For the next few weeks the rains fell, and the headwaters of the Condamine broke her banks, flooding bridges and roads, isolating small communities. Cut off from school we bided time till the waters abated. It was an anxious wait, though exhilarating. Our house is situated only 150 metres from Farm creek, the mountain springs, streams and gullies of which feed down to the valley floor of the Great Divide and on to join the Condamine. Incredibly, the house was safe, the debris 60 centimetres from the slab. Large strainer posts had been ripped from the earth leaving metre-round holes; new ironbark fencing, a tank, feed bins, furniture etc washed away; electric pump and

mower went under, and debris was strewn about and against our buildings.

But what awaited us indoors was far worse. The mice had decided to move in en masse, the stench of rotting carcasses and droppings indescribable. The bottom of the bath tub was black with mice, some alive, others in varying stages of decay. Any opened bottle held trapped dead bodies, every inch of surface, cupboards and floors were dotted with droppings. Bedding, linen, books, clothing and papers were chewed or shat on. The amount of work was unbelievable. First I set drum and water traps, plus bait, and returned a few times, before moving in to get on top of the problem. It was not a very pleasant experience to say the least!

Eventually, I regained control of the house and the plague began to subside. Winter was now upon us, but I just couldn't face the clean-up outside for some time. Besides, the house took a lot of time cleaning daily because of the rodents. But, in time, the outdoors was also cleaned up and repaired.

During the year, my close girlfriend moved from the area and, in need of someone to talk to, I'd visit a friend in town on shopping day, to chew the fat. He died suddenly around November under tragic circumstances and my soul was in pieces.

Time really does heal though, and life goes on. I never did sell up, and I'm so thankful for that now. One



very important lesson I learnt that year I'd like to pass on to GR readers: Hang in, there is a light at the end of the tunnel. And please don't sell up in the bad times, you may live to regret it. I wonder what '98 holds in store?

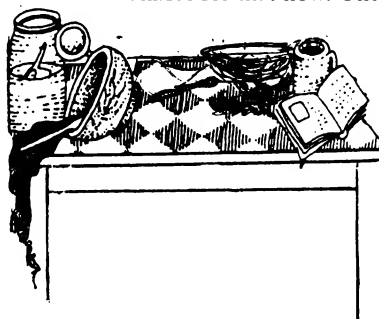


WHITEWASH



Whitewash mixture for outhouses and fences (renew annually): Six litres boiling water, six litres lime, 250 grams of melted tallow. When water and lime are thoroughly mixed, add melted tallow slowly and mix well. Use a large brush and apply liberally.

Jose Robinson.



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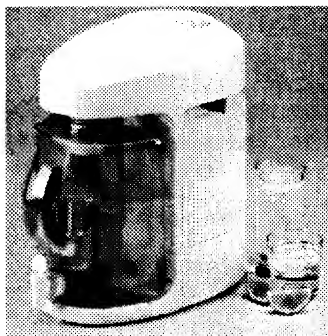
ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

PURE WATER APPLIANCES

Most of us are aware that tap water contains impurities ranging from chemicals added by water authorities to the toxins picked up through water mains. We are not so aware of the fact that many filters and even some bottled waters are not absolutely pure either. The makers of the Pure Magic and Waterwise steam water distillers state that steam distillation is the only water filtration method that ensures water is absolutely pure. Unlike other purification methods, steam distillation actually copies the process that nature uses by removing the water from the contaminants. The distillers heat tap water until it reaches 100 degrees Centigrade, killing off all viruses and diseases. The pure water is turned into steam which is captured in a stainless steel condenser where it is cooled and condensed back to pure water. These appliances are available in two counter top models suitable for domestic use – Waterwise model 5000 is priced at \$599 and Pure Magic (an upgraded version) is \$699. Commercial models are also available.

Contact: Ron Rowe (Aust distributor). Ph: 03-9890-3691.



HANDY SWAGS

Razorback Swags offer a convenient alternative to air beds and so are suitable for use by stockmen, hunters, fishermen, truckers, pilots, campers etc. They have a heavy duty zipper on each side of the swag, the base is made from heavy duty reinforced UV PVC, and the top, sides and cover flap are made from water and mildew proof canvas. Each swag is supplied with a removable high density foam mattress. They have hand straps and a shoulder strap for easy carrying and they can be easily and quickly rolled up. Several styles and sizes are available starting at a cost of \$225.

Ann & Dennis Morrissey, DSM Products, 321 Finns Rd, Menangle 2568. Ph/Fax: 02-4636-6164.

NUTRI-TECH SOLUTIONS

If you are in the business of growing produce, the importance of healthy soil cannot be overestimated. Nutri-Tech Solutions (NTS) offers a wide range of natural products designed to solve particular soil deficiencies. Soft rock phosphates, liquid fish, seaweed powder, liquid humus, natural gypsum, neem oil are just a few of the products from the range. NTS also offers a free soil 'therapy' service whereby prospective clients provide soil test information and a comprehensive fertility analysis is then conducted. A programme to replenish and restore the best balance of the soil is suggested. The ultimate aim of course is to lift productivity and increase the quality of produce. Nutri-tech can mix up formulas based on individual prescriptions.

Graeme Sait 07-5449-1837. PO Box 238. Eumundi 4562.

INSTRUCTIONAL RURAL VIDEO'S

The Victorian production house, Adele Video Productions, has available a range of instructional and training tapes covering many areas of rural endeavour. Some of the titles include: Training the Working Sheep Dog; Welding for Farm and Workshop; The Beef & Dairy Insemination Program; An Introduction to Angora Goats; The Traditional Post & Rail Fence. There are many more in the range and each is presented by professionals in the topic being addressed. A convenient means of acquiring new knowledge and skills. The duration of the videos varies but most are just under an hour in length and are priced between \$40 and \$60.

Bill Robertson, Adele Video Productions, 48 Atkinson St, Ballan 3342. Ph/fax: 03-5368-1376.

ORGANIC WORM CASTINGS

Worm castings (basically worm 'poo') offer a natural and complete plant fertiliser which is free of chemicals. Organic 2000 is a worm castings business based in Rochester, northern Victoria. They have found that the productivity of soil fertilised by castings increases by 25-40%. Thousands of kilograms of compost worms are fed tonnes of pig manure to produce the fertiliser and ensure the high nutrient content. This product is available from Franklins stores throughout Victoria. Ten-litre bags are priced at \$10. Bulk purchases can also be arranged.

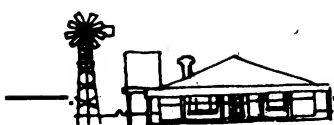
**Contact: Yvonne & Dick Shaw.
Ph: 03-5433-2502, or Dave 03-5439-1292.**

RUSTIC LOG HOMES

North American log homes – Jeremiah Johnson style – are an interesting, rustic alternative to standard housing. Great Bear Log Homes is a building company which operates from Mansfield, Victoria. This company specialises in selecting logs to be harvested, preparing them for wall and roof construction and handcrafting them. The log work can be done in various styles for a range of prices. Radiata pine is used. Interested persons are welcome to visit the Mansfield site to discuss and view construction. Homes are partly constructed at that site and are then transported to the owner's site. Louis and Cornel – who gained their expertise in Canada – will build anywhere in Victoria and southern NSW and the company is a member of the Housing Industry Association.

Contact: Louis & Cornel van der Heyden, 19 Bertrand Ave, Mulgrave 3170. Ph: 019-174-022 or 019-941-333.





DOWN HOME ON THE FARM

by Megg Miller.

The celebration of 25 years of GR in print is a silent reminder I've been busy with rural activities throughout that time span. The house has been moved, chook food dispersed and feathers raked up more times than I care to think. The articles that have formed this column have described many aspects of everyday life along with the joys and woes that have constituted living down on the farm.

I never set out to write a regular feature, it evolved from the seventies' sentiment of sharing details about your alternative lifestyle so others would benefit. Much of the information circulating then was of American origin, with the result that when local experiences were put in print they were eagerly devoured. My writing was just a note to say this is what we are doing and how we are doing it. Along the way it became a permanent part of GR. Many times over the years I've railed at the pressure I've felt at having to write. It's one thing to pen an occasional story, it's far more demanding to write regularly. Such a commitment doesn't take into account that you may feel sad or sick or that life has seemed intolerably boring. Nor does it allow for the occasions when you're stuck for words, or the great idea that's going around and around in your head seems determined to stay just that, an idea. There have been issues of GR when try as I might the ideas couldn't or wouldn't come forth in words, then, right at the last minute I've sat down and written until my hand has become numb.

Occasions have arisen too when the last thing I've wanted is to focus in on my life and write about it. The difficult, exhausting months preceeding the deaths of both my parents, along with the sad period of my marriage break-up, required loads of energy to get through let alone write in a cheerful and interesting manner. Such times have really tested my mettle and I can remember warily eyeing off a note pad before one deadline and thinking, well, here's the opportunity to prove you are a writer. It's satisfying to have come through trying times and recognise that there are benefits to be gained in every situation. The actual process of writing may not be easy but the lifestyle here provides such a wealth of material, who could resist writing about its peculiarities? As well, the farm

life and its activities have brought joy and fulfillment that words could never do justice to.

I was besotted by farm animals as a child and drooled over the livestock photos in the *Weekly Times*. In fact I still have a battered collection of painted metal animals, mostly amputees, which were the centre of many childhood games and irreplaceable to this budding landholder. And yes, of course I was going to marry a farmer when I grew up. Actually, around the time I left school and took up tertiary education I fancied myself as an artist and had quaint dreams of a poor existence in a garret, whatever the latter was. I never made it to artist status but I was a good craftsperson and still have a collection of colourful, embroidered clothes I made during the hippy era. I'll take on the textiles again when I'm old, I promised, when they were put aside for more pressing activities. There would be time for this along with lace making and botanical painting when I could afford to slow down and enjoy quiet times. Ho, the blinkered thinking of youth! Now that 'old' is not as far away as it was a decade or so ago I can spare a cursory thought for gentle activities – and find my sight isn't good enough for the technical demand. So

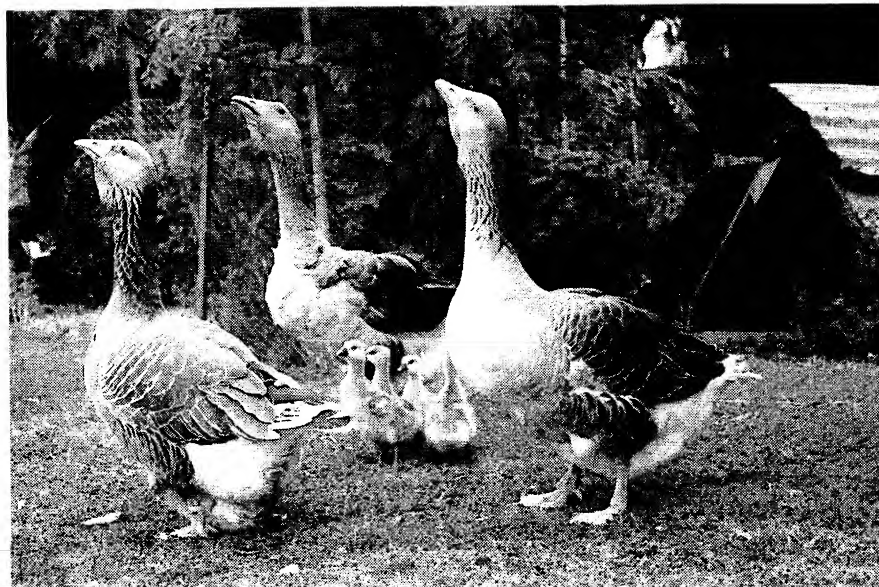
much for youthful plans.

Just as well there are other pleasurable pursuits. The garden is always begging for attention and maintenance jobs screaming to be done. A few years ago I discovered I loved the handypersons role. One of the liberating benefits of the seventies era was the blurring of gender roles, and it may seem amazing now but back then it was fantastic when males were able to experience their nurturing side and females traditional masculine activities. Living down home on the farm has provided a rich environment for acquiring woodworking skills, practising rustic bricklaying and becoming familiar with paint stripper and hot air guns and the different types of paints and finishes that are commercially available. Currently, I'm becoming acquainted with mortar and quickset cement. The two chimneys on the house need repairs and Suni has a couple of little jobs in Melbourne she wants me to do. Strong gloves are warranted, I'm told, or it's hell on the hands.

If I'd started adult life off in the city fewer opportunities would have presented for learning such things or for developing mental and physical strength. Nothing on the land is achieved without persistent, if not hard, work and the



It has its challenges, but it's an incredibly pleasant place to spend time in.



Noisy and aggressive they may be, but their antics never fail to be fascinating. These adults are grouped to protect the young from the dangerous cameraperson.

hours I've put in have developed muscles that some guys would be envious of. It's such a time saver when you can push, pull or lift things yourself instead of waiting around for help. I'm sure too, when you feel strong you cope with fear better, and effectively deal with the crises that arise. At one stage a fuse in the house was inclined to blow and I'd feel frustrated when the power went off because I didn't know what to do. It was all so simple once I'd learnt to revive the fuse. There are a myriad of other situations where the problem diminishes once you know how to tackle it. I'm sure I'm not alone when I confess to having been a dreadful wimp in the early days, but

that by finding solutions and having a go at implementing them, I've become more confident about dealing with the next lot when they occur. Perhaps it's a case of success breeding success.

On occasions a friend has commented that I've appeared to concentrate on failures in this column and not the successes. Well, a lot of things haven't been successful and I frequently make quite foolish mistakes. And even with the best of plans not everything works as you would like it to. Despite the hours I spend in the garden it is a disappointment. It is constantly attacked by cockatoos, possums, slugs and slaters and even my own chickens. My success with gardening is that I persevere - I'm even hopeful that this time all will go well.

The poultry are undeniably an area of success. Some are of show standard and have taken off prizes at the Melbourne Royal, lots are good examples of the breed. The real success to me is that a number of species are run side by side with few problems and that the stock are healthy, of good temperament and reasonably productive. The ups and downs that occur along the way to achieving these aims are more interesting and of value to others than just being able to say I've got terrific stock. Ironically, it's because of problems in the past, even failures, that I've learnt so much about poultry. I suspect that had management and breeding been easy and success come early I'd have had no reason to read and delve further and acquire the knowledge I now have. As well, there would have been no reason to buy books

PENPALS

Hello, my name is Casey, I am 50 years old. My hobbies are writing to penpals, gardening, crafts, fossicking, reading, bushwalking, listening to music and collecting fridge magnets.

Casey,
C/- PO Box 579, NARRABRI 2390.

Hi, I am a 9 1/2 year old boy. I like playing with my dog, swimming, living in the country and riding my bike. I also like nature programmes. If anyone is interested please write.

Monte E,
C/- PO Box 117, SEYMOUR 3661.

Hi! My name is Caleb. I like reading and listening to music. My hobby is gymnastics. I am 14 and will accept any penpal.

Caleb,
C/- PO Box 117, SEYMOUR 3661.

I am a 36 year old solo mum. I have 2 teenagers and a 10 month old baby. I enjoy family outings, BBQs, bushwalking, camping and gardening. I would like to correspond with someone of a similar age to myself and possibly in a similar situation.

Carol P,
10 Meranti St, CRESTMEAD 4132.

I'm Kate Fraser and I'm interested in getting a penpal. I don't mind if I get a boy or a girl. I'm interested in music. I play the trombone, recorder and piano. I am 11 years old and I am a twin. My parents are divorced. I live with my Mum.

Kate,
C/- PO Box 117, SEYMOUR 3661.

Hello, I am a lonely but never bored 70 year old male, artist, sculptor, writer, permaculture-minded, reader. Healthy, fit, lover of life. I enjoy sunrises, sunsets, nature in all its glory, happy interesting people, a quiet life. Nonsmoker, n/d, seeking friends.

KC, C/- PO Box 117, SEYMOUR 3661.

and so I would never have been tempted along the path of antiquarian texts and pictures. I also may not have come into contact with the people who have approached me for stock or assistance and so missed out on some of the best friendships I have.

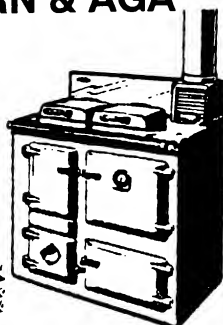
I can look back over the years of Down Home On The Farm and say that regardless of whether I wrote a column, I would be hammering and painting, enjoying the challenge of gardening and tediously feeding and caring for poultry. Two surprises have come from the regular penpersonship, the discovery of a wealth of wonders in my own backyard that I may well have overlooked, and the confirmation from readers that *Grass Roots* people share a lot of the same dilemmas, same crises, and similar enjoyment and satisfaction.

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★ FEATURE TITLE ★

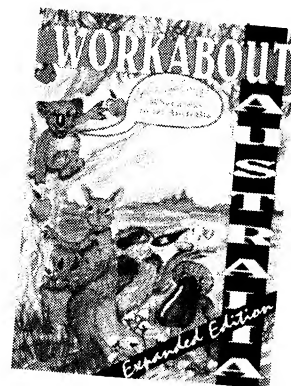
WORKABOUT AUSTRALIA – Barry Brebner

The author, Barry Brebner, estimates there to be 150,000 seasonal and casual jobs throughout Australia – fruit and vegetable picking, bar work, factory work etc. His book provides the vital information of where you can get these jobs, how many people are needed, what you will be paid, how to get there and details of some contacts for each location. The information is presented in an easy to access format – state by state and then alphabetical region-

sal listings. After 30 years with the Commonwealth Employment Service, the author knows a lot about finding jobs. He states that although the jobs in *Workabout Australia* are not easy, the rewards can be great. This comprehensive book would be invaluable to the many *Grass Roots* readers who travel around Australia.

P/b, 176 pp, *Workabout Australia*.

Ph: 02-6884-7777. RRP \$16.95.



GINSENG GROWING IN AUSTRALIA

– Fred & Charlene Hosemans

Ginseng is seen as one of the alternative crops of the nineties and this little booklet, written and published by experienced growers, will be an invaluable source of information to anyone interested in trialling it. The booklet discusses properties of the plant, growing conditions needed, how to grow and use it, and a look at its future possibilities.

P/B, 114pp, Gembrook Organic Ginseng P/L, PO Box 44, Gembrook 3783. Ph: 03-5958-1321. RRP \$25 incl p&p.

THE COLUMBIA PRESBYTERIAN OSTEOARTHRITIS HANDBOOK

– edited by Ronald P Grelsamer MD & Suzanne Loebl

A most comprehensive book explaining the physiological aspects relevant to osteoarthritis sufferers. Detailed discussion of medication choices, recommended diet and exercise. Also explains surgical procedures that might be necessary for various affected body areas, gives advice on pain relief and down-to-earth lifestyle guidelines. Written in plain English, a very sensible book that will help many sufferers.

P/b, 278pp, Simon & Schuster. Ph: 02-9415-9905. RRP \$19.95.

SEARCHING FOR SPICES – Felicity Sigmont

This little book, published by the Herb Society of Victoria is a useful and fascinating introduction to the identification and uses of spices. It begins with a brief history of usage and trade in what were, historically, valuable commodities. Each spice is then listed alphabetically, its history, characteristics and uses described, and, in most cases, a recipe included.

P/b, 62pp. Contact: Graham Ellis, 7 Byron St, Canterbury 3126. Ph: 03-9836-0415. RRP \$11 incl p&p.

SELF HELP CANCER CURE

– Walter Last, Chris Wheeler, Max Yelsaeb, et al

A collection of articles explaining a range of alternative treatments for cancer and other diseases, from the publishers of the New Zealand magazine, *Soil and Health*. Relates cancer to pesticides, details a holistic therapy programme, even includes therapy for dogs and cats. Will be of benefit to anyone open-minded enough to be seeking a fresh approach.

P/b, 128pp, Soil & Health Association of NZ, PO Box 36, Northcote, Auckland, NZ. Ph: 0011-64-9480-4440. RRP \$19.95.

THE DOLPHIN WITHIN: Awakening Human Potential

– Olivia De Bergerac

This book is an account of the author's experience with dolphins and how human interaction with them can be a path to awaken human potential. Research is presented about how the 'dolphin experience' enables people to reach the theta brain wave pattern – the mysterious, elusive brain wave patterns that normally require many years of meditation. A really interesting account of an unusual approach to the psychology of human potential.

P/b, 192pp, Simon & Schuster. Ph: 02-9415-9924. RRP \$19.95.

AMERICAN MEDICAL ASSOCIATION FAMILY HEALTH COOKBOOK

Recipes are grouped – appetisers; salads; breads; soups; sandwiches, burgers, pizzas & tacos; pasta; rice; beans; poultry; seafood; meat; vegetables. It also has a 50 page overview on nutrition and a chart indicating the important vitamins & minerals in each of the recipes in the book. Fresh, low-fat, whole foods with a variety of herbs, spices and unusual ingredients.

H/b, 513pp, Simon & Schuster. Ph: 02-9415-9924. RRP \$39.95.

COTTONWOOL SANDWICHES: tales of a country childhood

– Pam Cole

A regular contributor to *Grass Roots*, Pam has put together this charming record of impressions of growing up in rural Australia from the 1940's. Pam's nostalgic reminiscences will strike a chord with many readers. Delightfully accompanied by a selection of original photographs.

P/b, 120pp, Kangaroo Press/Simon & Schuster.

Ph: 02-9415-9999. RRP \$19.95.

MIND OVER MALIGNANCY, Living With Cancer

– Wayne D Gersh PhD, William L Golden PhD, David M Robbins PhD

A positive book that gives a step-by-step programme enabling cancer sufferers to take an active role in managing their illness with emphasis on improving the quality of life. Gives techniques for overcoming depression, managing pain, and reducing stress. Very easy to read, will empower many sufferers with the tools to participate constructively in their treatment.

P/b, 159pp, Boobook Publications. Ph: 02-4997-0811.

RRP \$24.95.

GRASSIFIEDS

HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 80 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send with payment to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 127 is 30th April, 1998.** Please do not fax ads.

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PROPERTY FOR SALE

NEW SOUTH WALES

MACLEAN – YAMBA, nth NSW, 5 ac with panoramic coastal, river, mtn & lake views. Gently sloping, frost free with tall trees & cool grassy areas for house & animals. Friendly neighbourhood, 12 min to town, 20 mins to golden beaches. Sealed rd, elec & ph. Perfect climate, income initiatives from r/forest trees & coffee to Australian native foods. Bargain price \$60,000. Other blocks from \$45,000. Ph: owner, 02-6645-2614.

BUSH RETREAT – Nambucca Valley, mid-nth coast, 27½ ac, timbered, crk, 45 mins to main town. \$48,000. Ph: 044-651-505.

STEPPING STONE TO SELF-SUFF. Country living convenient for the city in friendly village atmosphere – magnif Mulbring. Nearly ¾ ac, estab native & exotic trees bring in the birds. Dam with lilies, vegie, citrus & herb gardens, chook yard & lge secure dog run with kennel. Three b/r warmly decorated home with spectacular mtn views, dbl garage/w/shop, town water & 10,000 gal r/w/tank. Neighbours both on acreages. Walk to caring 100 pupil public school, general store/PO. All this only ½ hr from Newcastle, 20 mins to the lake and vineyards & 5 mins to the F3 Freeway. \$139,000. Ph: 02-4938-0229, fax: 02-4938-0292.

MID NORTH COAST, MANNING. A tranquil retreat, this grand homestead on 23 acres immediately relaxes you. Breezy Qld style, perfect northerly aspect. 100% recycled Australian hardwood, mostly red mahogany. 15 minutes to Wingham. \$220,000. Ph: 02-6550-5021.

WARRUMBUNGLES RANGES/Coonababran, 620 acres, small house & large living area & on-site van on piers, both wired 24/240 volt. Solar & wind powered & back-up generator. It's virgin bush, plenty of wildlife, walking/driving tracks, 2WD accessable, tractor, lifting implements, sawmill/slab cutter, wood working lathe, plane and thicknesser. Machines and solar/wind/gen & equipment and house & land \$158,000. Solar/wind & generator equipment and house & land \$138,000. House and land only \$108,000. Please ring George or Liz on 07-4786-3433, or 0417-625-892, or 02-6842-2443 if one of these packages interests you.

PYRAMID SANCTUARY, Tabulam, 750 acres (2 titles) private hilltop retreat, state forest either side, spectacular views, wildlife. Beautiful 4-storey pyramid house, energetically clean, no EMR, no ferrous metal, all solar, rain water tank, spring-fed dam. Noah O'Sullivan, PO Box 141, TABULAM 2469. Ph: 02-6684-3004. Lease avail.

BEAUTIFUL BUSH RETREAT, Bodalla Sth Coast. Quality 22 sq mud brick home on 40 ac, 30 ac bush, 10 ac fertile cleared. Permanent crk, pure water, privacy, passive solar design, 3 lge b/r, cedar, oregon, tar oak timber. Currently on 24 V and 240 V inverter solar power. Mains power on block. Huge dble garage/shed, 20 mins to hwy, shops, 3 mins to school bus. Price \$135,000 ONO. Ph: 02-4474-3513 BH or 02-4473-5530 AH.

DORRIGO PLATEAU, nature lovers' hideaway, perm crystal clear creek frontage road boundary to gate. Rainforest gullies to open forest hills, 210 acres. One hour to Coffs Harbour. Caravan & annexe on site. \$78,000. Ph: 049-712-193.

MANNING VALLEY HINTERLAND, 200 seclued ac. Creek flats to undulating. 2 dams, some creek frontage, 30% cleared. 15 mins to Wingham. \$125,000. Ph: 02-6550-5021.

MACLEAN – YAMBA, northern NSW, modern brick veneer, 3 b/r home on 5 ac. Beautiful river, lake & mtn views. Country living with convenience. Electricity, ph, sealed rd. 12 mins to town, 22 mins to Yamba's golden beaches. Frost-free, good neighbours. School bus, excel appearance & condition. Climate is beautiful one day perfect the next. Popular area for retirement. Reduced to sell. only \$169,000. Ph: owner, 02-6687-5180.

CLARENCE RIVER FRONTAGE, 40 ha, fenced, power, ph handy. 35 km Tabulam. \$61,000. Some finance. Enquiries: 02-6628-2351.

WEST OF DUBBO, on hwy. 2 ac, growing iris, estab garden – fruit, citrus, grapes, well fenced. Town water, ph, power. Close to school, supermarket. Two b/r cottage, 30' verandah, built 10 yrs. \$85,000 ONO. Ph: 02-6888-7380.

MACLEAY VALLEY, beautiful private retreat, 55 mins NW Kempsey. 100 ac f/hold, 10 ac cleared crk flats, remainder hilly, timbered, with r/forest gullies. Rare to find – first property on perm crk, clean drinking water. tests avail. State forest on 2 bndrys. Small shack with character & mtn views, c/van, sheds, tanks, generator, pump, gas fridge, organic gardens, f/trees, bush food, cabinet timber trees, tractor, implements, good fences. Income from commercial worm farm. \$120,000. Ph: 02-6567-1279.

WILDERNESS PROPERTY, nth NSW, Glenn Innes area, 1000 ac, 3 titles, perm water, backs onto state forest. \$120,000. Ph: 02-9349-2413.

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

DEADLINES: GR 127 – APRIL 30TH
GR 128 – JUNE 30TH

FAR NORTH COAST, 35 km NW Lismore on strata-titled community, 3 b/r home, 2 ac. Wonderful views. Well set-up, solar, 3 r/w/tanks, flush loo. Well estab garden. \$85,000. Enquiries: 02-6622-4573. or 02-6633-7040 evenings.

MID NORTH COAST: 48 ha bush retreat, perm crk, well timbered, power & ph avail. Several home sites, school bus, 19 km to town, 40 mins to beaches. Valued \$77,000, reduced urgent sale \$63,000. Ph: 02-6568-8214.

TWEED VALLEY, 10 ac share, r/forest, mtn views, pristine water, 3 b/r cottage, solar, biodynamically farmed. \$95,000. Ph: 02-6680-3486.

BELLINGEN, WESTERN CEDAR elevated 3 b/r, beautifully landscaped, fruit, palms, natives, organic vegies, herbs. Opposite reserve. Room for self-cont flat under house + extra produce equals income. All schools + Steiner. \$150,000. Ph: 02-6655-2614.

QUICK SALE, DRAKE, NSW, 3 b/r house walking distance to school, shop, bus etc. Six titles on 5 town blocks, great opportunity for a young family to obtain country lifestyle. \$45,000 ONO. Ph: 03-9758-9135.

FAR SOUTH COAST, 142 ac of bush & paddock. Nat pk on 3 sides, main rd frontage. 2 b/r full brick house, power, 2 tanks, lge dam. orchard, vegie garden, chook run, garage & workshop, 2 crks through property, elec fences. 4 worm beds, 2 windrows, 3 cows, 25 mins to coast. Peace & tranquillity. \$198,000 ONO. Ph: 02-6494-2303, or 02-9618-7228.

LISMORE - 24 km, 25 ac, chemical free. many extras, fruit & nut trees, cabinet timbers. r forest pockets, perm crk, 28,000 gal r/water tanks. renovated homestead, 3 b/r, 2 bathroom & study, wide verandahs, renovated bales studio & dbl c/port. \$195,000. Ph: 02-6689-9296. or 6621-3475.

GLOUCESTER/BARRINGTON TOPS, private r/forest retreat, 2 hrs Newcastle. equipped weekender in 1 1/2 ac green & sunny clearing with adj semi-cleared ac for future garden, very fertile, perm water, easy 2WD access off no-through rd. Surrounded by feather & fur. Your own idyllic spot plus 1/5 share in 240 heavily timbered ac. \$33,500. Ph: 02-4969-1603.

PILLAR VALLEY, (between Grafton & Woolli/Minnie Water), sandstone block house on 100 ac, lovely bush, mtns, waterfall, perm crk, 2 dams, shed/bus, visitors' accom, 10 mins to beach. \$235,000 ONO. Ph: 02-6643-4908.

TWEED VALLEY, for the lge family, very modern home & beautifully renovated w/b cabin with 3 rooms (approved as shed). Separate tanks, ph, septic etc. 240V, fenced, perm crk, bitumen rd, 5 ac, mostly flat, red soil, immaculate, 15 mins Nimbin, 30 mins Murwillumbah. Perfect investment. Double garage, chook house etc. \$195,000 ONO. Ph: 02-6672-7385 evenings.

ONE ACRE, \$2500 & 1/2 ac \$1500, Georgetown, village 1/2 hr nth of Clare Valley. Established trees, easterly aspects. Vendor finance avail. Ph: 02-6651-8698.

BELLINGER VALLEY, NSW. First and last share of valley to be sold (1100 ac). Darkwood, Thora Valley, surrounded by nat pk. Site is MO approved by council with glorious views to mtns overlooking valley. Unique opportunity as you will not get anything like this for the money under individual freehold title. The community has been going for 12 yrs & is looking for an inspired individual or family to make this valley their home. If you are interested please call Wookey: 02-6657-2507, 9363-1231, or 018-081-423.

FORTY MINUTES TO ACT, 2 b/r cottage on approximately 2 1/2 ac, crk, 4 car garage/workshop, 1 km to state forest. \$120,000. Ph: 02-6238-2670.

SMALL COTTAGE & workshop on lge block, close to shopping, 1/2 hr Canberra. Well situated for craft & sales etc. \$50,000. Ph: 02-6226-2545.

AMONGST OLD GROWTH TREES, attractive, solid, spacious, timber cabin, solar power, on 2 ac share in Strata Title Community in Billen Cliffs 34 km from Lismore. \$49,500 (not neg). Enquiries: 02-6633-7040 evenings.

SNOWY MOUNTAIN COUNTRY near Dalgely, 40 ac old lucerne property with 100 yr old 3 b/r pise & granite house, shed & stockyards. Suitable for bulbs, stock & recently introduced vines to the area. Permanent crk & dam, house gravity-fed from 5000 gal tank. Power, gas, spetic tank, ph & as-new Davy pump. \$110,000 ONO. Ph: 02-6456-2999, Louise or Steven.

BILLEN CLIFFS, 35 km Lismore, 2 ac, excel building sites, easterly aspect, good soils, perm spring, magnif views, walk to shop, craft centre, hall, public & Steiner schools close, secure title, no through traffic. \$20,500. Ph: 02-6254-4255 AH.

SOUTH GRAFTON, 3 b/r home, 15 ac, solar power, all new equip, gas 2 door fridge, stove, HWS, dam, rural views, flood-free, c/port, undercover BBQ, pig sheds etc. \$115,000 ONO. Ph: 02-6566-0827.

HAND-FEED KING PARROTS! 10.9 ha (27 ac) gently sloping land, 1/5 cleared, balance escarpment, bushland, dam, 2-3 b/r elevated home, ph connected. Huge solar system, 8 panels on tracker, 1500 watt inverter etc, 4 1/2 Kva Lister back-up generator, all professionally installed. Four sheds, 10,000 gal r/w/tanks. Tar-sealed rd to last 6 km, 25 km Gulgong, 50 km Mudgee. \$95,000 ONO. Ph: 02-6375-9283.

NEW ENGLAND TABLELANDS, bush block with a difference, 100 f/hold ac, 18 km from Glen Innes, 300° panoramic views, perm water, unspoilt - natural timber, pasture & wildlife. Partly built stone dwelling. 'The things dreams are made of'. Ring Diana Corcoran, 02-6732-2499.

BELLINGEN/THORA, riverfront, 1/4 share 55 certified organic ac. Stunning nat pk views, swimming, part completed passive solar mud brick house, c/van, communal orchard, irrigation, council approved, friendly co-owners. Steiner/state schools. \$82,000. Ph: 02-6655-9204.

BOOROWA, ONE HUNDRED ACRES, undulating pasture, trees, crk, views, building permit, power, ph. \$39,000 ONO. Ph: 02-6385-3592.

STROUD, 2 1/2 hr from Sydney, quaint 2 b/r Hardiplank home on 100x120' fully fenced block. Established garden, lots of trees, private, view of hills from very lge back verandah. Ideal retreat or retirement. \$85,000. Ph: owner, 02-4994-5004.

TWEED VALLEY, 11 ac surveyed share of company titled and council approved MO. Between Mt Warning & The Border Ranges, sth of Tyalgum. The block is mostly uncleared tall forest & r/forest. Tank, shed on site also. \$26,000. Must sell. Ph: Steve, 015-597-096.

MITTAGONG 10 km - middle of nowhere, 100 ac & 2 b/r brick cottage surrounded by thousands ac natural bush, 40 ac cleared, fenced. Spectacular views, crk, yabbies, wedge-tails, lyrebirds, wallabies, wombats. Ultimate tranquility, 1 1/2 hrs Sydney. \$205,000. Ph: 02-4684-1907.

FAR SOUTH COAST NSW, in the Towamba Hills with approx 1km crk front, 120 ac unspoiled bushland. Good soil, plenty of water. Beaches, nat pks, lakes nearby. Your own private wilderness, or maybe keep some, sell some. \$90,000. Ph: 02-4782-4856 or 4784-1020.

GLEN INNES - 3 b/r, 5 yr old, western red cedar home on 3/4 ac. Wool carpets, exposed beams, wood heater, elec kitchen, fully insulated. Formal cottage garden, orchard, vegie patch all micro irrigated. Small horse paddock, rear laneway access, rural outlook. \$88,000 ONO. Ph: 02-6785-2116.

BYRON HINTERLANDS, tranquil tropical 4.5 ac with r/forest reserve. Rich views, wildlife, surround unique 3 b/r hardwood eco-cottage, passive & active solar design, Clivus Multirum, high antique pressed metal ceilings & ancient restored timbers. \$179,500. Ph: 02-6684-7007.

THE ULTIMATE GET-A-WAY - Bannaby 1 hr NE of Goulburn, 221 ac, perm crk, heavily timbered, abundant wildlife incl wombats, echidnas. Views forever. Two b/r home, open plan, exposed beams, solar power, s/c/stove, gas fridge & cooktop. Two bay barn, bunkhouse etc. Fully fenced, 2 dams. Productive organic garden. fruit, citrus & nut trees. \$170,000. Ph: Dave. 02-4822-1411, or AH Jennifer, 02-4821-9364.

NORTHERN RIVERS, 5 mins Casino, 20 mins Lismore. 3 b/r attic style cottage, 2 ac, private, NE aspect, dam, abund birdlife. \$135,000 ONO. Ph: 02-6662-3102.

INSPIRING VIEWS, soar with the eagles! Fifteen mountain acres, SE forests bioregion, 50 km Merimbula. \$75,000. Rich volcanic soils, spring water a-plenty (gravity-fed), grid power, 2 b/r cottage. Flourishing blackwoods, tree ferns, asparagus and raspberries. Ph: 02-6494-2383.

To avoid disappointment ensure
your ad meets our deadline

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

A BIG BLOCK for sale at beautiful Comboyne, village amenities (school, shops, water, power, ph) in a fertile rural environment. Many alternative lifestyles & communities. The best of both worlds. \$26,500. PO Box 2530, Port Macquarie 2444. Ph: 0417-263-523.

OWN YOURSELF AN INVESTMENT, 5½ ac or 11½ ac titles in beautiful village of Towamba 30 mins to coast, west of Eden, Towamba River & Egan Peaks view. Partially timbered & with power & ph. Offers around \$45,000. All enquiries to: Deborah, 02-6496-7038.

SMALL VILLAGE, cottage, newly renovated, furnished, estab f/trees, grape vines, vegie gardens, lge shed, chook shed, lge shop premises, grocery, furniture, joinery. \$70,000. Ph: 02-6383-2221.

CAMBEWARRA, best of both worlds, 3 b/r B/V homestead on 2 ha. Power, tanks, gas, elec, carpet, fans, septic. 19x7 m steel workshop, roller doors, fences, paddocks, trees, bush, wildflowers & birdlife. Nowra – 11 km sealed rd. Door to door school bus. Selling at bank valuation - \$258,000 ONO. Ph: 02-4446-0484, or fax: 02-4446-0666.

SOUTH BURNETT AREA, 21 ac, 10 km town, close to meat works, wineries, 2 houses, 4 b/r, c/port, fibro, screens, carpets. Smaller house, timber & Besser block, 3 b/r, c/port. Small shed, cattle yards, crush, loading ramp, approx 50 ass f/trees, 2 dams with pressure pump, rural water scheme, water reticulated to all points, good soil, 10,000 gal tank water, semi-frost area. \$175,000. Would consider exchange. Ph: 07-4168-4675.

JINDABYNE, 185 secluded high country timbered ac. Good mtn views, 15 mins to town. Good timber cutting business potential. \$90,000 ONO. Ph: 02-6457-1202.

CENTRAL WEST VILLAGE, 40 mins Orange, comfortable cottage, lge block, walk to amens, 3 b/r, open plan living/kitchen, sep dining, bathroom, laundry, teenager's retreat, sheds, c/port, estab gardens, room for pony. Ph: 02-6367-7015.

TWO BEDROOM HOUSE on 1½ ac with dam, 2 garages, chook yard, 1 hr Canberra, close to Snowy Mtns & quiet friendly village – Bookham. \$65,000. Ph: 02-6227-7278.

BLUE KNOB, Nimbin 5 mins, 77 ac f/hold title, 2 council approved houses, both 7 yrs old, tradesman built, separate & private. Best views in valley from both houses. Two horse paddocks with perm water. Land suit grazing, orchards, nuts, coffee. Permanent spring-fed crk, 5 ac pine plantation, cattle yards, much more! Suit 2 couples or live in 1 house, rent other. Partnership dissolving, must sell. \$230,000. Cheap. Ph: 02-6689-1594.

BULGA PLATEAU, near Ellenborough Falls, 1 hour Taree, 35.5 ha mainly forest, 3 b/r house, shed, elec, ph, perm spring, young f/trees, covered vegie garden & chook run, small permaculture garden started. On school bus route, close to village. \$130,000. Ph: Telly, 02-6550-4448.

PLACING AN AD?
See page 78 for details

MID NORTH COAST, MANNING. A tranquil retreat, this grand homestead on 23 ac immediately relaxes you. Breezy Qld style, perfect ntlly aspect, 100% recycled Australian hardwood, mostly red mahogany, 15 mins to Wingham. \$220,000. Ph: 02-6550-5021.

GUNNING, ¾ hr Canberra CBD, between Yass & Goulburn, ½ ac, serviced. \$23,000. Ph/fax: 02-6288-2166.

COFFS HARBOUR HINTERLAND, 45 mins west of Coffs, 167 ac of eucalypt r/forest. State forest 3 bndrys incl Little Nymboida River, 10 ac cleared, 3 b/r home, 200 m to lge swimming holes, bulk water, flood-free, modern altern power-system, ph, septic, sheds, gardens, abundant wildlife. Very private & comfortable. \$225,000 ONO. Ph: 02-6654-5480.

LILLIAN ROCK, NSW, 5 ac share, no cats/dogs, incl 2 b/r cottage, loft, leadlights, solar lights/hot water, gas stove/fridge, outside studio, shed, c/port, f/trees, dam/tank water. Kyogle Council approved. \$60,000. Ph: 07-3287-6401.

MANNING VALLEY HINTERLAND, 200 secluded acres. Creek flats to undulating, 2 dams, some creek frontage, 30% cleared, 15 minutes to Wingham. \$125,000. Ph: 02-6550-5021.

QUEENSLAND

CAPE YORK, 43 ac, f/hold, open forest, power & ph avail. Good ground water, fenced 3 sides, school bus 900 m, 16 km from Cooktown fully serviced tropical coastal small town with reef and wilderness. \$65,000. Ph: 070-695-314.

KINGAROY – WONDAL, olive farm, 40 ac, all new fencing & solar elec around orchard, several hundred olive trees 2-3 yrs old, 3 dams, ironbark & spotted gum bush. \$50,000 ONO. Ph: 07-4168-9376.

RUSSELL ISLAND, land 703m² fertile well-treed block in sub-tropical surrounds, walking distance jetty, schools, amenities – genuine sale \$6,500. Call Margit: 07-3370-6300 BH.

ROSEDALE/BAFFLE CREEK, reduced for quick sale, 53 ac, part fenced, 16' c/van, sheds, power & ph connected, 2 dams, 2x2000 gal water tanks. TE 20 tractor & implements, school bus passes gates, est f/trees. \$65,000 ONO. Ph: 07-4979-1038.

BEAUTIFUL BUSHLAND, 200ac f/hold, dwelling, 12/240V solar lights, fuel stove, gas fridge, freezer, 7000 gal r/water tanks, ph connected, some furniture. Two dams, fish/yabbies, pump, vegie garden. Council approval boarding/breeding kennels and cattery. Friendly town of Miles 20 km. Price \$65,000 ONO. Make a reasonable offer. More info ph: 07-4627-1028.

Subscribe to Grass Roots
and you'll never miss out!

THIRTY ACRES, FAR NORTH QLD, located between Cooktown & Cape Tribulation, 10 mins drive to PO, shops, school. Road, power access. Coastal & mtn views. \$130,000. Ph: 03-6343-0151.

CONONDALE HEIGHTS, Maleny 30 mins. Idyllic r/forest retreat, 80 ft waterfall. Bali-style pole house. Power avail, ph. Approximately 70 ac. \$145,000. Ph: 07-5441-2473.

LAIDLEY, 1½ ac, lge dam, huge level house pad, rural farm views, power, water, ph passing, bitumen rd access. \$31,000. Ph: Helen, 07-5445-7069.

URGENT SALE, BORDER RANGES, SE Qld, 5 ac, 10 km Rathdowney, 110 km Brisbane. Owner moved interstate. Quiet secluded site overlooking state forest/nat pks. Spectacular views of Mt Barney, Mt Lindsay, Mt Warning, Mt Mee and Mt Maroon. Includes part-furn 1 b/r studio/weekender (in renovated railway carriage built in 1908 – owner has original documents). Dam & sml water tank. Phone & power at gate. Perfect rd access. \$40,000 ONO. Must sell urgently. Ph: 02-6288-2292.

FOR URGENT SALE, Dallamill, SE Qld, between Biggenden & Childers. Fully renovated 3 b/r cottage, 3 ac, elec, ph, tank water, dam. Plenty of trees, very environmentally friendly. \$85,000 ONO. Ph: 07-4127-7129.

SEVENTY PRISTINE ACRES. Border Ranges, SE Qld, 10 mins town, 2½ hrs Brisbane. Weekender with serviced access & ph. Spectacular views, surrounding nat pk & wineries. Ginseng growing conditions. Live, work, relax. \$60,000. Ph: 07-3408-7700.

NOOSA HINTERLAND, peaceful 5.8 ac Kin Kin property, 3 b/r brick home. Fully fenced, dam, school bus at gate. Motivated vendor. \$140,000. Ph: Gwen, 07-5485-4291.

30 ACRES, FAR NORTH QLD, located between Cooktown & Cape Tribulation, 10 mins drive to PO, shops, school. Road, power access. Coastal & mtn views. Price \$130,000. Ph: 03-6343-0151.

MIDWAY GYMPIE – Maryborough, 2½ ac macadamia orchard, house. 3 c/vans, power, bore, dams, pool, beautiful. \$120,000. For brochure: 07-5485-7106.

SUNSHINE COAST, QLD. Maleny, 3 b/r western red cedar house, picturesque 3½ ac, quiet, semi-perm crk, dam, pure spring bore, assorted f/trees, solar, 8 mins to town. \$240,000 ONO. Ph: Elizabeth, 07-5445-7069.

GREENVALE – 3 b/r B/V house, 960m² block. Fans, built ins, fruit & ornamental trees. Back yard fenced. Chook run & 6 chooks, 2½ hrs from Charters Towers. Ph: 07-4788-4127.

SUNSHINE COAST HINTERLAND, unique rural retreat at Lake Baroon, w/b house, 3 b/r, wide verandahs, 51 ac, ntl aspect. Rainforest, perm crk, waterfall & tree ferns, 10 mins to Montville. Shed, f/trees, gardens, solar & gas. \$285,000. Ph: Lexy, 07-5442-9327 AH.

CROW'S NEST NEAR TOOWOOMBA, 3 b/r restored Qld'er on 5 ac, all services. Potential. Consider any trade incl real estate further south. May assist finance. Please ph: 07-3391-6550.

GRASSIFIEDS

PROPERTY FOR SALE QUEENSLAND

ATHERTON TABLELAND, 11 km east of Ravenshoe. 4 1/2 ac with r/forest, perm crk, very liveable dwelling, workshop, greenhouse, chook pen, estab gardens, power/ph, double access, private, much more. \$97,000. Ph: 07-4097-6997.

SOUTH-EAST QLD, 160 f/hold timbered wildlife ac reduced for urgent sale. Undulating, fenced, Myrtle Creek bndry. Substantial millable hardwoods, poles galore. Income & invest. Power avail. Shed, shack, ph, dam, tanks. School bus 2 km. Hervey Bay 70 km. Was \$168,000. \$200 spotter fee. Now \$126,000 ONO. Ph: 07-4129-2380.

STONE COTTAGE, NANANGO. 3 b/rs, loft, 9' verandahs 4 sides. Bore, tank water, gardens, \$5000 will complete. A peaceful place. Ph: 07-4163-3439.

SUNSHINE COAST AREA. 162 ac property, spacious modern 4 b/r block home. Creek through middle of property – heaps of water. Excellent soil, good farming potential or private retreat, 2 x lge sheds & animals shelter. 4 x 5000 gal cement water tanks. Free school bus. Situated 1/2 hr NE of Gympie. Close to Fraser Island & Noosa (1 hr). \$240,000. Ph: Donna. 07-5485-7389.

SOUTH-EAST QLD, Sunshine Coast. mud brick house 10x16m + verandahs, with part earth roof & floors in 3 b/rs. Combustion stove & 3-way hot water system. Office 7x8m clayblock. 3-bay c/port, sml shed on 1 1/2 ac bounded by crk. Vegie garden & some estab f/trees. \$145,000. Ph: 07-5486-5230.

COOKTOWN, NORTH QLD, 5 ac, prime position, 3 b/r home, 4 km to town & tropical beach, 1/2 hr reef, 2 ac irrigated orchard. \$130,000. Ph: 02-6679-7069, or 02-6689-7244.

MARYVALE – NEAR WARWICK on Cunningham Hwy, 1 ac block adjoining sml village, crk forms bndry on 1 side. \$14,000 ONO. Ph: 02-6842-1028.

MOUNT MORGAN, neat 2 b/r, 2 s/o, 30 mins Rockhampton, 1 hr Capricornia Coast, t/tank water, walk to schools/shops/hospital. Quiet position, nice trees, fenced. Asking \$50,000. Will trade bus or c/van in good condition. Ph: owner, 07-4938-1450.

LOWOOD, BRISBANE VALLEY, 2 1/2 b/r cottage, 1/4 ac, some permaculture, chook run, many trees. Five mins all amens. \$75,000 ONO. Ph: 07-5426-1912.

RURAL RESIDENTIAL, 5 b/r home, m/set, 1.5 ac, timber lining, polished floors, wood heater, open design lounge, dining, kitchen, lge verandahs, estab gardens, f/trees, dam, 2x5000 gal water tanks, shed, c/port, 25 mins to 2 major towns, 35 mins to Fraser Island & beaches, local school. \$95,000 ONO. Ph: 07-4633-0799 BH, 07-4633-4094 AH.

MACLEAY ISLAND, lightly treed house block, water views to Stradbroke Island, walk to beach. All amenities, ferry service to mainland. \$10,000 ONO. Contact owners: ph, 02-6026-4360.

DEADLINES: GR 127 – APRIL 30TH
GR 128 – JUNE 30TH

SUNSHINE COAST HINTERLAND, (Kenilworth), attractive 59 ac, fertile crk flats, undulating, hilly bushland. Very private dead end rd among forested hills. Always green in summer. Basic, solid dwelling, sheds, power, ph. Close amenities, unlimited horse trails. Nice vegie garden. Creek, bore & r/water. \$157,000. Ph: 07-5446-0618.

MALENY, STONE/TIMBER COTTAGE & mud brick cabin on 60 ac, forested, perm crk, secluded, habitat corridor, frost-free, generator power only. \$240,000. Ph: 07-3892-1018, or 07-5494-2835.

SOUTH-EAST QUEENSLAND on Rathdowney-Boonah Rd, 11 km from Rathdowney, 50 ac with bitumen frontage, dam, timber & wildlife. Access to perm Burnett Creek, ph & power. Excellent views to Mt Maroon, Barney, Lindsay & the main range. Recommended. \$110,000. Ph: 07-3287-3312.

SECLUDED COUNTRY COTTAGE, 1 1/4 ac, crk, ph, power, wood stove, f/trees, Caboolture Shire, Mt Delaney. \$75,000. Ph: 07-3205-2599, 5496-3518.

GLADSTONE AREA, 66 ac good grazing, some mango trees, good soil. Seasonal stream, 2 dams, bores. Plenty of potential. Large 4 b/r hi-set home with r/water tanks. Large machinery shed, tractor, slasher, spray tank, grader blade. School bus at front gate. \$195,000. Ph: 07-4973-6622.

MONTVILLE, 3 b/r investment house, Besserblock, tank water, 900m², estab garden, good soil, sheltered, quiet. \$118,000 ONO. Ph: 07-5442-9470.

MURPHYS CREEK, 15 km Toowoomba, 1.44 ha (3 1/2 ac). Large old home equipped bore with necessary irrigation pipelines incl, crk bndry, newly fenced. Potential market/herb garden. Very close shop & schools. \$98,000 ONO. Ph: 07-4630-5475.

FORTY-TWO ACRES natural bush, undulating, bndrys cleared, caravan, power at block, bitumen frontage. Bundaberg 78 km, 1770/Agnes Waters 60 km. \$28,000 ONO. Send SAE: PO Box 8532, Mt Pleasant 4740, for details.

VICTORIA

CASTLEMAINE/CHEWTON, 43.3 acres native bushland, mud brick 6 room home, potbelly, slow combustion stoves, open fire place, LPG; + studio home incorporating railway carriage, open fire place, solar power; + cabin with potbelly stove. Five dams. \$190,000. Ph: 03-5472-4027, 03-9396-1997.

OTWAY RAINFOREST, 23 ac of manna gums with river frontage adj state forest. Cleared building site above a waterfall (suit hydro power) & you can hear the surf. We can build a stone house to suit you. Melbourne 3 1/2 hrs. You'll be amazed at this perfect escape to self-suff. Land only \$100,000, house neg. Ph: 041-222-7997.

MANANGATANG DISTRICT, 0.6 ha, solid brick historic home. Three dbl b/rs, wide verandahs. Pressed metal ceilings, polished floorboards. Ducted evaporative air conditioning, gas heating, town water. Modern kitchen & adj dinette. Doors opening onto verandah from most rooms. Well fenced yards, native & f/trees, estab cottage gardens. Paved entertaining area with bbq. Four kennels with cement runs & exercise yard. Surrounded by natural bushland mins from Manangatang & 1 hr to Swan Hill. Priced to sell at \$44,500 ONO. Contact Keith Tyers, on 03-5026-4100.

KIEWA VALLEY, handmade muddy on 5 ac, 15 mins to Mt Beauty, lge workshop/studio with loft. Mountain water gravity-fed to lge fertile gardens. Very private. Half-fenced for goats/deer. Solar, Rotaloo, etc. \$135,000. Ph: 03-5754-5258.

QUICK SALE, BALLARAT AREA, Victoria, Staffordshire Reef, 10 1/2 ac, 2 lge dams, shed site, house site with footings poured for 25 sq mud brick house. Five mins to school, 25 mins to Ballarat, historic gold mining area, good for fossicking, panning & detecting. \$21,000 ONO. Ph: 03-9758-9135.

CLUNES, 1880s timber home, 8 rooms. Neat & clean. Small town, lge house block, estab garden, crk rear bndry. \$65,000. Ph: 03-9741-1298 AH.

BONNIE DOON, HOBBY FARM. Tranquil 71 ac fenced, 2 b/r red cedar + caravan, solar/elec/gas, lge tanks, 40x20 steel garage, 2 dams, superb views, outstanding value for money. \$110,000. Ph: 03-5772-2564.

SOUTH GIPPSLAND, 10 mins from Leongatha, renovated 3 b/r home on 2.3 ac, featuring extensive timber & slate, incl old school house & out-buildings in lge garden. Ideal for arts & crafts. Sealed rd, school bus. Asking \$97,000. Ph: 03-5664-9327.

MURRAY RIVER, ORGANIC RETREAT, 30 ac, 2 titles, homes, sheds, fruit. Ph: 03-5453-2727, or 03-6354-6313.

BADDAGINNIE: 4 b/rs & en suite & lge family room. 8 1/2 ac. Power, ph, gas, 12,000 gal tank, seasonal crk, chook run, f/trees. Walk to shop & school. 11 km Benalla. \$139,000. Refer Robinsons R.E. Ph: 03-5762-2266.

MUD BRICK ON FORTY ACRES bush. Secluded 4 b/r, all mod cons, underground power, fully irrigated vegetable garden/vineyard, estab orchard. \$110,000. HILL END, Vic. Ph: 03-9486-9933.

LYONS – HISTORIC TOWNSHIP. This unique property is approx 15 ac f/hold on 28 titles & 5.5 ac leasehold (streets). Highway frontage & adjoining property is Lyons bushland reserve. There is a spring-fed creek & dam and abundant wildlife incl koalas. Deep rich red clay loam soil, virgin ground, suit organic farming or tourist venture. 20 km from Heywood on the Prince's Hwy. \$75,000 ONO. Ph: 03-5224-2628.

*Please print your ad clearly
so we can do likewise*

GRASSIFIEDS

PROPERTY FOR SALE VICTORIA

BIRREGURRA, quaint township near Otways, Lorne and Great Ocean Rd. Miner's cottage featured on local historic buildings postcard, 3/4 ac elevated site with rambling garden & organic pasture. House needs extensive restoration. Caravan, Aga stove and some building materials incl in sale. \$35,000 ONO. Owner moved interstate. Ph: 02-6684-0093.

FAR EAST GIPPSLAND, 180 ac (72 ha) grazing property with long frontage to Bemm River & to Pyramid Creek. Mostly river flat rising to undulating country with approx 16 ac bush, 2 sets of cattle yards, hay shed, dairies & machinery sheds. Two homes with power & ph connected; main home has estab garden & orchard. School bus close by: Running vealers with small deer herd but would suit alternative farming venture. Reluctant sale. Ph: 03-5158-3240.

MODERN 14 SQUARE, 2 b/r mud brick home on 20 ac of box-ironbark bush near Bendigo & Lake Eppalock (Strathfieldsaye) \$120,000. The house is of an open energy-efficient architectural design with solar hot water & elec (new 12 volt system with inverter; suitable for most domestic purposes), gas stove/fridge, open fire, s/c/stove & ph. Immediately adjacent to a lge box-ironbark forest, the land supports a diverse range of indigenous flora & fauna. Features incl: 120+ plant species, populations of the nationally significant Plains Leek-orchid & Tuan, & a stand of old-growth grey box. The property is just 15 mins drive from the Bendigo CBD and 5 mins from Lake Eppalock, ideal for a small family or couple wanting an alternative lifestyle or a holiday house in the bush. The land is protected under a conservation covenant & is registered with the Land for Wildlife scheme. Looking for a sympathetic new custodian committed to conservation. Call Paul on 03-9450-8620, BH or 9489-5545 AH.

PROPERTY IN THE HIGH COUNTRY of Vic, 135 ac f/hold + 22 ac lease. Situated on the Bundara River, 30 km nth of Omeo, crk with waterfall running through property. Good fencing, cattleyards, hay shed & lge machinery shed 110x45', with comfortable 2 b/r dwelling on alt power system, incl farm machinery & 32 Hereford cows + 1 Poll Hereford bull. Asking price \$160,000 ONO. WIWO. Ph: 03-5159-7246.

LOCK 100 km SE Melbourne, 52 ac + 25 ac rail & river lease, northerly aspect, very good pasture, stockyards, water & fences. \$160,000. Ph: owner, 02-9456-3116.

KATANDRA WEST, VICTORIA, situated in a rich dairy farming area 25 km north of Shepparton, 1 acre having a 4 b/r old-fashioned (ie verandahs all-round) type home, 30 f/trees incl olives, persimmon, figs, mulberry, apples, pears, plums, citrus, almond and apricots, grape vines, numerous shrubs and roses, estab asparagus bed. Generous water supply from irrigation channel and large r/w/tanks. A/c and town power supply. Suit retirees or young family interested in self-suff. More information? Ring: 03-5828-3349.

PLACING AN AD?
See page 78 for details

TASMANIA

TAYENE, 3 b/r home on 22 ac (2 titles), option 16 ac, within 35 mins Launceston. New barn & sheds, Saxon wood heater, s/c/stove & new carpets. Great mtn views with running water all year round within 20 mins ski lodge. \$74,500. Ph: 03-6399-3462.

NORTH TASMANIA, GEORGETOWN, 1/2 share 100 ac bush block, 2 b/r house, privacy, sea views, power, ph, spring water, 25 mins Launceston, mins to shops, with rare sandstone deposit producing craft & cleaning products for craft markets, heaps of potential. \$89,000. Ph: Rob, 03-6423-4517.

PEACE, QUIET AND BEAUTY, w/b, 3 b/r house on 3/4 ac, 25 mins from Ulverstone, 11,000 gal water storage + bore. French windows opening onto verandah. Security doors, BIRs, 2 wood heaters + heatbank. Workshop & storage sheds etc. Ph: 03-6429-1211.

NORTHERN TASMANIA, idyllic lifestyle, 20 mins SE of Launceston. This 80 ac property boasts a stone & timber residence with separate self-contained bungalow. This natural bushland setting borders the North Esk River and is on route to Tasmania's major ski fields. Enjoy estab f/trees, trout fishing, birds and wildlife in a private setting. \$148,000 ONO. Will accept car, boat, c/van etc as deposit. Ph: 07-5445-9662, or Nationwide Realty on 03-6334-3166.

NORTHERN TASMANIA, 15 mins to Deloraine, 30 mins Devonport, 50 ac, perm crk lined with manferns & big trees. Two dams, bush cabin, 5 ac cleared, NE aspect very sheltered & good soil. Good potential for permaculture. \$55,000. Ph: 08-8685-2265 any time.

NORTHERN TASMANIA: NEAR SHEFFIELD, 55 tranquil ac, views to Cradle Mtn, Bass Strait. Third forest, remainder organically improved pasture. Own hay, firewood. Comfortable 3 b/r timber home, central heating. Orchard, estab gardens, century-old cypresses, 3 m holly hedge. Huge restored barn, excel sheds, original stables. Permanent spring water + crk. Great tourism potential, close to Lake Barrington, wineries, lavender farm. School bus to Sheffield, 35 mins to Devonport, 1 hr flight to Melbourne. Property established as alpaca stud. Outstanding lifestyle opportunity. Offers around \$180,000. Ph: 03-6397-6101, 08-9561-2359.

SCAMANDER on Tasmania's sunny east coast; 6 ac lightly timbered, sealed rd with services. Front of block has views of Scamander River & reserve so can't be built out. Five mins to town & best beaches in Aust. \$35,000 ONO. Ph: Andrew, 0411-035-238.

UPPER SCAMANDER, 70 ac, mostly bush, celery clad cottage, house built to lock-up. Power, solar panel, Telecom, town water, only 9 mins to east coast town of Scamander, school bus service close to Scamander River, bream & trout fishing, swimming. \$58,000. Ph: 03-6372-5497.

MEANDER NEAR DELORAIN, a unique sml acreage nestled in the foothills of the Meander Valley. Charming 3 b/r character cottage, pure gravity-fed water, excel soil, school bus & breathtaking views. Rental purchase possible. Sincere value at \$47,000. Ph: 08-8388-9015.

WESTER WAY, 1.5 ha elevated level block, crk, town water, elec & Telstra at bndry. Close Russell River Falls & Mt Field Nat Pk (skiing & fishing), 1/2 hr New Norfolk. Photos avail. \$15,000 ONO. Ph: 03-9744-4162.

TASMANIA - UPPER ESK, 1 hr east of Launceston, 3 b/r timber house on 3 1/2 ac, surrounded by 2 lge bush properties in a picturesque position with panoramic views. Permanent water supply, fertile soil and estab orchard. Secluded but not isolated. Price: \$42,000. Must sell. Ph: owners. 03-6377-1157.

WESTERN AUSTRALIA

CHILDOW, 45 km east in Perth 'Hills'. Secluded 4 acres, 3 b/r brick tile home, pergolas, 6x6 craft room, 12x6 & 18.5x6 sheds, bore, irrigated organic cherry orchard. fruit/veg/herb garden, fish ponds, mains water. power, walk to school \$245,000. Ph: 08-9572-4002.

SOUTH AUSTRALIA

BEAUTIFUL KANGAROO ISLAND, POTTERY. Two b/r home complete with pottery workshop. Consisting of 15 cft 6 burner gas fired kiln, together with electric & kick wheels, plus all sundry equipment. Commercial outlets for the pottery available. \$99,500. Weston Raine & Horne RE - KI. Ph: 08-8553-2669.

COMMUNITIES/SHARES

PERMACULTURE PARADISE. 58 ac, 4 b/r room house, 15 mins Nambucca Heads, 12 mins Valla Beach. Ocean view, r forest, 2 boundaries state forest. Hundreds of varieties tropical fruits, nuts, bush tucker, vegies & herbs in estab permaculture teaching garden - TAFE & Skillshare field trips. 3x1/4 shares for committed permaculturists. \$45,000 per share. Ph: 02-6569-5360.

NAMBUCCA HEADS 1/2 hour, affordable land, 1200 ac. Backs onto state forest, 1/2 share in mostly native forest, 20 ac crk flats, 2 ac relatively level house site, cabin, ph, 4000 gal r/w/tanks, dam, f/trees, all year crk, swimming holes. \$45,000 ONO. Ph: Monica & George, 02-9973-1580.

FAR NORTH COAST, 35 km NW Lismore, beautiful solid spacious home, wide verandahs, elevated position, extensive views, 4 ac, u/house garage & workshop, organic gardens, f/trees, complete privacy, power, ph, cabin, u/cover c/van, secure strata development, school buses. \$159,000. Ph: 02-6633-7033

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COMMUNITIES

AGRICULTURAL COMMUNITY. Motivated adults send SAE to: PO Box 908, GYMPIE 4570.

MID-NORTH COAST NSW, 1/2 share in estab MO 170 ac. 1/2 cleared, 1/2 bushland (wildlife refuge). Assured on-farm water supply, shared 65HP tractor. Site fenced with sml dam & levelled house shed site. 40 mins to Wauchope/Port Macquarie. \$25,000. Ph: 02-6585-8229.

BUSINESSES FOR SALE

HEALTH FOOD SHOP. estab 16yrs, good turnover. Mid-north coast NSW. \$85,000 w/w. Ph: 065-681-262.

HEALTH FOOD SHOP, CARINGBAH, Sydney, estab 35 yrs, 3x3 lease, lunch bar, regular clientele, friendly environment. 5 day week, family business, newly renovated, clean & spacious. \$120,000 ONO. Ph: 02-9525-4542 AH

PROPERTY WANTED

LAND WANTED, SUNSHINE COAST Hinterland, 10 to 100 ac. Essential: flood free or Nice: crk, good soil, orchard, views. Hut or farmhouse no obstacle. Ph: 03-9701-0630.

FIFTY ACRES OR MORE, power perm crk/river needed. Timber not cleared, secluded. NSW/Qld area. \$75 - \$80,000. Ph: 02-4350-5184.

URGENT, FOR HEALTH REASONS please help 37 yr old GR lady in need. I am searching Victoria for acreage, avail water, with cottage. Would prefer mountainous area. My dream create a food forest for good health and live environmentally friendly. Budget \$40,000. Ph: Naomi, 03-9645-3153.

WORLD-WEARY TRAVELLER, now garden and garlic lover, seeks solitary existence FRP in foothills of southern NSW. Rent with option to buy preferred, with gardening potential, residence condition incidental, relocate autumn/winter '98. Handyman/caretaker/farming experience. Please write to: Vegetator, C/- PO Box 1123, BAIRNSDALE, Vic 3875.

WANTED TO RENT/CARETAKE

YOUNG ENERGETIC COUPLE, 2 young kids, want to become organic/biodynamic farmers. We're interested in all types of farming & will consider any part of Australia, WA preferred. Does someone have wisdom & accom so we can learn about nature? Please call: 08-8948-2070.

CARETAKER WANTED, west of Mittagong, NSW, free power & accom, person on pension OK, required to answer phone. Ph: 048-889-207 after 7pm.

WANTED TO CARETAKE OR RENT/BUY property up to 1/2 hr nth of Caboolture Ph: 07-3888-0458. Email: ajsteve@netspace.net.au

GRASSIFIEDS

DEADLINES: GR 127 - APRIL 30TH
GR 128 - JUNE 30TH

WILLING WORKER seeks income/experience organic farming. Agricultural science permaculture qualifications, WWOOFing experience. Contact: Janet, 03-5475-1300.

FOR RENT

HANDYMAN, preferably n/s, n/d, vegetarian, required to look after sml farm in return for accom. Ph: 02-6689-7244, or 02-6679-7065.

SHARE HOUSE: Responsible required to share 1ge 2b/r house outskirts country town (Euroa) Vic, 1ge garden - room to grow vegies. \$50 p/w, board extra if req. Ph: 03-5798-5508.

CARETAKER/TENANT Low rent of furnished cabin is offered to responsible person with country skills & initiative, who will caretake sml farm at Putty, a nat pk environment 150km NW of Sydney. Ph: 02-4575-1238, 02-6579-7067.

TWO BEDROOM COTTAGE, 30 km nth Toowoomba, elec & wood stove, elect HW. Tank & spring water, 1ge open plan lounge with pot-belly. Composting loo, run down vegie garden, some furniture. \$90 p/w + bond (also has phone connected). Ph: 07-4697-9237.

TWO BED COTTAGE near Murwillumbah, \$150pw suit mature responsible couple. Ph: Barbara 02-9362-0427, 041-749-7660.

EXCHANGE

SYDNEY, GEORGES RIVER, permissive occupancy, absolute waterfront cottage, estab permaculture garden, exchange + cash for NSW community share with dwelling. Ph: 02-9543-8671.

INTERESTED IN PERMACULTURE, herb growing? Opportunity to experience alternative lifestyle on property 20km from Macksville, north coast of NSW, in exchange for help. Accommodation sml unfurnished, but livable cottage with limited amenities suitable for 1-2 persons. The lifestyle is peaceful & relaxed in beautiful surroundings. Please call Marilyn on 02-6569-6250, or write: PO Box 326, MACKSVILLE, NSW 2447.

CROW'S NEST, NEAR TOOWOOMBA, 3 b/r restored cottage on 5 ac, all services, potential. Consider any trade incl real estate further sth. May assist finance. Please ph: 07-3391-6550.

WANTED

MARKETERS LOOKING to market products at Perth markets please write: 7 Hefron Circle, KALGOORLIE 6430.

MINERALS/FOSSILS, semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples include quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

HANDCRAFTS

ALPACA FIBRE 100% pure luxury knitting wool & spinning fleece. Peruchi Alpacas, Lot 20 Station Rd, MS398, PROSERPINE 4800. Ph: 07-4947-2588.

CAMELOT YARNS AND SELECTIONS, Main St, Eldorado, Victoria, Australia 3746. Open by appointment - mail order avail stockist of: Gaywool Dyes, natural coloured raw fleece, mohair/wool blend sliver, 8 ply yarn. Ph: 03-5725-1856.

HAVING DIFFICULTIES OBTAINING small gauge brass screws, hinges, catches, and associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g, etc from 1/4" long to 1". Also various woodworking tools, glues and abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off 1st order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 03-5152-1001. Fax: 03-5152-1001.

WAX SUPPLIES for all crafts, candle, beeswax, sealing wax, sculpturing & colour dyes, wick, polish and advice. Ring or write: Handful Wax, PO Box 87, LAKE MUNMORAH 2259. Ph: 02-4358-1224.

BEADS! BEADS! BEADS: Unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Cost \$8 for samples, colour copy & info. Write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

THREAD BUNDLES, **Clearance sale** Stranded cotton in bundles of 100 x 8 m skeins in 50 assorted colours. Shades matched to DMC - \$20 post free. The Big Bundle of Stranded Cotton of 240 colours - \$50 post free. Weaving reeds from 80c inch avail 8, 10, 12, 15 dents + post. Send 45c stamp for free price list. B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763. Fax: 08-8276-2185.

FOOD AND KITCHEN

BEE POLLEN, no additives, 450 g sample pack \$10. 1.9 kg pack \$35, 4.3 kg pack \$70, 14 kg drum \$185. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DAN-DENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome.

HEALTH & BEAUTY

HERBAL DIETARY SUPPLEMENTS avail by post at discount rates - all Australian made. Send SAE to: Brian O'Riley, PO Box 1351, MURRAY BRIDGE SA 5253, or ph: 08-8531-1411 for info brochures.

ORGANICALLY GROWN Traditional Herbal Remedies for everyday conditions: arthritis, psoriasis etc. For catalogue please send SAE to: Tintagel Herbs, PO Box 27, CENTRAL TILBA 2546.

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HEALTH & BEAUTY

PERFUMES, FRANKINCENSE & MYRRH, traditional incenses, old-fashioned skin care, aromatherapy goodies & organic herbs. For catalogue send SAE to: Ambrosia, Scents of Mother Earth, Lillyfield, LILLIAN ROCK, NSW 2474. Ph: 02-6689-7417.

HERBAL DIETARY SUPPLEMENTS avail by post at discount rates – all Australian made. Send SAE to: Brian O'Riley, PO Box 1351 MURRAY BRIDGE SA 5253, or ph: 08-8531-1411 for info brochures.

HANDMADE PURE VEGETABLE OIL SOAPS. For a product brochure send SAE to: Bushcraft Soaps, Lot 3, Counter Rd, MS 591, GYMPIE 4570.

RELAXATION, STRESS RELIEF, sports massage. Qualified from the Australian College of Natural Medicine. Strictly therapeutic. Ph: Camilla on 0413-947-261, or 07-4632-2995.

MISCELLANEOUS

EARLY KOOKER GAS STOVE, Metters No 12, good condition. \$250. Ph: 02-6543-5122.

NOMATE CHASTITY belt for bitches, small, medium & large. For further information ph: 07-5465-7384, mobile: 015-897-063, fax: 07-5465-7385.

PET PRODUCT CATALOGUE, top quality products for your dog. Write: Country Canines, Bates Rd, KIN KIN 4571, with 4x45c stamps.

LEAF GUTTER TRAP, easy to install debris diverter. Keeps gutters clean & downpipes clear. Primary diverter for any rainwater tank. Manufactured in Zincalume or Colorbond & fitted with all types of downpipes. Price \$32 to \$42.50 plus p&h. Free color brochure. PO Box 941, SALE 3850. Ph/fax: 03-5144-4217. Internet Address: <http://www.home.aone.net.au/leafguttertrap>

'GRASS ROOTS' Nos 19-63 \$80, or \$2.25 ea + postage. Ph: 03-5438-7451.

SEVERAL SECOND-HAND KEROSENE refrigerators in varying degrees of efficiency, from \$100. Ph: 079-854-252. Write: PO Box 297, RUBYVALE 4702.

CAN YOU USE A SPANNER and screwdriver? Three different almost unknown businesses you can run from home. No opposition. I've retired so the secrets can be yours. No canvassing or mail order. Start with \$50 capital. Details free. Send SAE to: Peter Gardner, 13 Harlequin St (PO Box 571) LIGHTNING RIDGE 2834.

CLASSIC WALDOWS 15ft fibreglass caravan. Great extra space, registered & in excel condition. Separate hot water, bath & toilet \$2500 ONO. Ph: 02-9568-6501.

TRIDENT TIPIS. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', Lot 107, Cedar Creek Road, via MILLFIELD, 2325. Ph: 049-981-659.

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See page 78 for details

ALLIS CHALMERS 'B' TRACTOR, high clearance, mid mounted toolbar, pto, b/p, hyd, gwo, 4 row seeder, weeders, hoes, go on 8'x5' trailer \$2250. Info: 03-5195-5230.

FORTY GALLON SOLID FUEL, water heater, good condition, New \$1400, will sell for \$500. Ph: 03-5457-0281.

COMPOSTING TOILET, Clivus Multirum CM8, suit family, complete unit with instructions, never used, \$1500. Ph: 07-4953-2023.

FOR SALE: 'GRASS ROOTS' magazines going back to 1970, 58 magazines \$80 ONO + postage. Ph: 02-4822-4124, evenings please.

HERBAL LIQUID PARASITE EXPELLER, \$30 postage paid, safe & effective. Ph: 03-5453-2727, or 03-6354-6313.

BIO 100 CHIPPER/SHREDDER, 5HP Honda motor, 3", capacity, little use. \$1400 ONO. Ph: 02-6943-1488.

CARAVAN 23' aluminium annexe, c/port, garden shed \$8000 ONO. Ph: 07-3888-0458, email: ajsteve@netspace.net.au

TIPIS, 10'-22', FROM \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western and Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Phone: 03-5762-2145, mobile: 015-048-196. Tipi hire avail.

NATURAL SKIN CARE PRODUCTS, handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

GREY WATER SYSTEM, easy to construct and fully tested. Council approved (Lismore NSW). Combines a treatment unit and seepage/evapotranspiration system. Plans and specifications available at \$50 per set from: Sustainable Greywater Systems, PO Box 176, NIMBIN 2480. Ph/fax: 066-891-703.

DIY WITH SOLIDSTAT THERMOSTATS, incubators, aquariums, nurseries, frost alarms. New quality budget range. Precise accurate and reliable. Jupiter Technologies, PO Box 34, CORAKI, NSW 2471. Ph/fax: 066-832-559 (home), <http://www.lis.net.au/~jupiter>

COURSES

COB EARTH BUILDING WORKSHOPS: Sculpture a house from earth, including arches, shelves, niches. Make a cob bread/pizza oven. Five day workshops. Sat-Wed, or just come for the weekend. March 28-April 1, April 25-29, May 16-20, July 1-5, September 19-23. Contact: Edible Landscapes, ph: 07-3870-3872, fax: 07-3870-5890.

HERBAL MEDICINE. The School of Herbal Medicine, estab in Australia in 1985, offers a 1 year home study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

SUSTAINABLE LIFESTYLE COURSES – series of five – plants & poultry, seed saving, escaping consumerism, alternative energy, geodesic domes. Choose any or all! Special introductory prices. Please send SAE to: Jane Lawrance, PO Box 374, BABINDA, Qld 4861.

PERMACULTURE, course for the Yarra Valley. Course conducted over over 5 Saturdays 10am - 4pm at Yarra Junction for info call Upper Yarra Community House, 03-5967-1776.

EDUCATION CHOICES: 1998 Natural Learning Conference will be held April 18th & 19th at the University of Queensland, St Lucia (Brisbane) 11 keynotes, 25 workshops, much more. Call 07-3348-8287 for details, or register from 8.00am on the day at the Steele Building of UQ.

EARTH BUILDING & LIFESTYLE – Learn about building with rammed/poured earth, rendered straw bale, mud brick, associated products & lifestyle. Attend Starting Point Seminars in Earth Building Techniques; stay at Earth House B&B, or get yourself started with Starter Pack – A guide to building your house of earth. Contact: Cherie, PO Box 222, COCKATOO 3781. Ph: 03-5968-1686.

BEE GENTLE offers a Beekeeping course, which includes all info for keeping bees by small & hobby producers + a range of Beekeeping Supplies. 67 Katrina St. BLACKBURN NTH 3130. Ph: 03-9877-1433.

DOWSING – STUDY & EXPERIMENT with dowsing, radiesthesia & radionics at home! A course in radiational techniques for health and agriculture, incl DIY equipment plans. Free detailed brochure. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL Qld 4217, Australia. Ph/fax: 07-5539-9633.

PERMACULTURE DESIGN COURSES. For SE Australia – April 26 to May 8, also Nov 29 to Dec 11. Weekend course 12th & 13th September. Enquiries: Hugh Graveston. 02-6494-2014.

HUNTER VALLEY, PERMACULTURE, organic growing, sml group, practical learning at demonstration farm. Trevellyn Centre. For info: 049-389-528. PO Box 22, PATERSON 2421.

CORRESPONDENCE STUDIES. Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety & Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 BH only.

LEARN AROMATHERAPY AND NUTRITION through home study at a realistic price. 'The Art Of Aromatherapy' teaches you how to blend and use essential oils therapeutically to benefit your family and pets. 'The Natural Nutrition Course' shows you how common sense eating can combat and prevent illness without getting on the 'diet treadmill'. Free detailed brochures. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL, Qld 4217. Ph/fax: 07-5539-9633.

Don't forget the deadline if wishing to advertise in Grass Roots

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LIVESTOCK

HOUSE COWS, Friesian Jersey cross, quiet, \$500. PH: 02-6543-5122.

MINIATURE CATTLE: 1 Dexter x Hereford x Jersey heifer - \$650, 1 Dexter x Blackfoll x Friesian heifer - \$650, or \$1250 the two. Quiet, unjoined, 14 months old, cash - 'counter check'. Ph: 02-6725-4488.

WANTED TO BUY, pregnant female rabbits, 2 of each breed, Flemish Giants, NZ Whites, Californians, Charkas, Angoras. Ph: 02-6725-4488 after dark, Robyn.

BOAR GOAT, MALE, pedigree, show standard, from boar S/Aust, Teraweena stock, with papers, 18 months old, now working at stud or outright sale \$1200. Ph: 03-5035-1459.

DEXTER CATTLE, low maintenance small acreage. Stud quality grade females. Heath Hill Stud Ph: 03-5997-8323.

CATTLE: The British White Cattle Society of Australia Ltd, est 1983. New members welcomed. Get in on the ground floor now. Australian and imported bloodlines available. Enquiries to: PO Box 546, CABOOLURE Qld 4510. Ph: 075-496-8271 or 076-958-56.

GARDEN AND ORCHARD

SOIL TESTING \$65-\$95. Send SAE to Agri-Plan Consultancy, PO Box 3500. RSF 477 or ring/fax 07-4934-2922 for kit.

COMPANION PLANTING CHART Over 30 vegetables, herbs & fruits, including plants as insect repellants. **Sow When Chart** Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBOURINE 3885.

WOODBIDGE NURSERY, field grown perennials, species lilliums, hellebores, double carnations. For mail order list send 4x45c stamps to PO Box 90, WOODBRIDGE, Tas 7162

VEGIE SEED CATALOGUE, send stamped SAE to: GGO, PO Box 908, GYMPIE 4570

SIBERIAN SEED GARLIC avail. growing harvesting info incl. \$12 kilo posted Maree Carmichael, 42 North Arm Rd. GIRRALONG 2449. Ph: 02-6564-4086.

GINSENG - ROOTSTOCK AND SEED avail. American or Korean. Also limited echinacea rootstock. For info: Ted, 'Yesspec', PO Box 2 OMEO 3898. Ph: 03-5159-1575 evenings.

CITRUS ROOTSTOCK (trifoliata), ready to bud. Sell or exchange for some advanced plants. Ph: 02-6562-2686.

FREE \$4.50 pkt of mixed gourd seeds when you purchase your new 52 page *Gourd Growers Handbook* \$18. Mixed pkts, Ornamentals, Harshells, Luffa sponge, Cannon Ball, Calabash Bean, Bottle, Birdhouse, Goose, Maranka. Coloured Corn - \$4.50pkt. Minimum purchase \$9. Bulk pkt \$10 - 30 seeds. Giant Gourd mix - 9 seeds \$10pkt. All prices incl p&p. Money back guarantee. Send your order to: The Gourdfather, PO Box 298GR, EAST MAITLAND 2323 Ph: 02-4933-6624. PS: Craft books also avail

DEADLINES: GR 127 - APRIL 30TH
GR 128 - JUNE 30TH

EARTHWORMS. FREE, the most comprehensive catalogue of books on this subject. Send a business size SAE to: Worm World, PO Box 204GR, ROLLINGSTONE, Qld 4816. Ph/fax: 07-4770-7001.

ROTARY HOE - new - unwanted gift - 5HP, B&S, 'Yardman', \$1250. Ph: 02-6562-2686.

BAMBOO: PLANTS - BOOKS - FLOORING, 250 species, running or clumping. 15 titles bamboo books. Bamboo flooring boards now in stock. Send \$4.50 in stamps for catalogue. Bamboo Australia, BELLI PARK, Qld 4562. E-Mail: bamboo@bamboo.oz.com.au

TOBACCO SEEDS selected from quality, best flavoured plants. Organically grown. Seeds and instructions \$5. E Madge, PO Box 114, POMONA, Qld 4568. (MS 626).

LOOKING FOR HERITAGE or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of *The Curator* lists the sources for thousands of vegie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact -SCA, PO Box 1450, BAIRNSDALE, Vic 3675

RAINFOREST SEED COLLECTORS national interest. Buy & sell local seed. Our newsletter has lots to offer local seed grows better & doesn't pollute your gene pool. Quarterly newsletter subs \$20 inc \$10. Offer local seed - free subs. RSC Private Mail Bag, BELLINGEN 2454. Ph: 02-6666-2233

TOBACCO SEED. ORGANICALLY GROWN 'virginian' cultivation and curing notes included. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

HOLIDAYS

COUNTRY VICTORIA. Maygars cottage and nearby walk the Strathbogies, sample the wineries & gourmet delights of the Goulburn Valley. Balcon fights, carriage rides, packages avail. Ph: Jenny, 03-5798-5417.

ALLERGY-FREE HOLIDAY, Pelican Lagoon. Organic sand Walking, swimming, fishing, bird watching. Limestone house no chemicals or safe for multiple chemical sensitivity, organic meals. Cheaper rates if helping with garden or housework. Phone after 8 pm: 08-2553-7224

FOOTHILLS BARRINGTON TOPS, 2 small cottages, solar & gas. Secluded wildlife refuge - forest gullies, bushwalking, bird watching retreat. Ph/fax: 'Yeranda Cottages' 03-6392-2208 home page: <http://www.ozemail.com.au/~yeranda>

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HEALTHY WEEKENDS for couples. Gympie. Ph: 07-5483-6736.

LAMINGTON GLEN - rainforest retreat, secluded cabin. Everything supplied except food. Ph: 075-544-8166.

HAVE A GREAT HOLIDAY in a conservation area for the whole family! Close to the beach (Pambula, Merimbula). Excellent rates. Plenty of wildlife. Women & children welcome. Ph: 064-942-175.

MORUYA - FAR SOUTH COAST NSW, romantic 1b/r and family 2 b/r bush cabins. Big open fires. \$250 per week. \$100 per weekend. Ph: 02-4474-2542, pm.

RELAXING HOLIDAY IN MOUNTAIN area, plenty of wildlife, 20 minutes from Pambula. Excellent rates. Ph: 02-6494-2175.

SERVICES OFFERED

FULL NUMEROLOGY REPORT, over 20 pages, personal reading. Send full name and DOB + \$40 single report, \$50 compatibility report to: Nicole Rietmann,, 97 Hightt St, MANSFIELD, Vic 3722.

PRIMAL THERAPY. The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity & the material world. The transpersonal vision is one in which compassion, love & responsibility are experienced for all forms of consciousness, and a global ecological vision of all life. The transpersonal experience enables us to contact and integrate aspects of ourselves and discover whatever dormant ability & potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude and spoil our enjoyment, pleasure and success of our own lives can bring about a profound and deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives & are expressed in other ways: discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work & projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax & feel real pleasure. And in our relationships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow St, GOLDEN SQUARE, Victoria 3555. Ph: 03-544-3683.

MUDBRICK (EARTHWALL) TESTING - certificate for council. Effluent Disposal design. AS547 for domestic premises. Soil testing. Hackett Laboratory Services, 4/8 Bellbowrie St, PORT MACQUARIE 2444. Ph: 065-832-635. Fax 065-837-453.

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SERVICES OFFERED

HOME PLANS. 90 plans for handcrafted homes of mud brick, rammed earth, stone, pole frame and timber construction. Mail \$62 (postage incl) for The Earth Builders Plan Catalogue, to: John Barton, Building Design, 31 Sharp Street, NEW-TOWN, Geelong 3220, or ph: 03-5222-4249 for fixed quote to draw/document your home plan. Bankcard, Visa, Mastercard, cheques accepted.

OPPORTUNITIES

WE OFFER SELF-SUFFICIENT people to park their van on property west of Mittagong, NSW, River location, to build small community. In return give us some help. Ph: Brian, 04-888-9207 after 7pm.

DO YOU NEED MONEY? The Self-Help Co-operation Network is here to help you. It's a perfect opportunity for those who participate. A circle of friends helping friends. Get your community involved. Simple and legal. For free info send Long SAE to: SHCON, 87 Melrose Rd, ABERDEEN, Tas 7310.

START YOUR OWN BUSINESS from home, 82 reports & manuals from \$2. Free info send business size SAE to: Col Taylor, Thomas St, WOOLLOOGA, Qld 4570.

GARDENER to tend vegetables and flowers on an Arabian Horse Stud in Tamborine, Qld. Will offer free self-contained accom and 100m² vegie plot + \$50 in exchange for 10 hrs per week. Hard worker with love of animals desired. Please send resume to: JP (GR 126), C/- PO Box 117, SEYMOUR 3661.

FREE ACCOMMODATION on vineyard in SE Queensland for a viticulture/permaculture person. Reply to: PO Box 12, BALACLAVA 3183.

1998 NATURE WRITING COMPETITION. The friends of Mallacoota is holding its second Nature Writing Competition which aims to encourage knowledge of, appreciation of and respect for the natural environment. Entries should convey, in poetry or prose, an enthusiasm for the natural world in an interesting, amusing, evocative, powerful or personal way. Entry will be in two categories: Adult (18 years and over) prize \$200 Youth (under 18 years) prize \$75 Maximum length 1500 words. Entry fee of \$2 must be submitted with each entry. Closing date July 31, 1998. Nature Writing Competition, C/- PO, MALLACOOTA 3892.

CALENDAR EVENTS

MIND BODY SPIRIT FESTIVAL to be held at the Melbourne Exhibition Centre 5th - 8th June 1998. An event exhibiting organisations that focus on holistic health & wellbeing. Ph: 03-9819-0211.

SOUTH COAST FIELD DAY for Sustainable Land Use and Sustainable Living. Land Use, Building and Technology, Forestry, Community and Cottage Industry. August 22 and 23rd. Bega Valley. Enq: 02-6494-2014, 6492-7306.

PLACING AN AD?

See page 78 for details

ALBURY ALTERNATIVE FIELD DAYS, 18 & 19 April, Albury Showgrounds. Great family event, livestock, equipment, food, health, alternative energy. Enq: 060-216-933.

STEAM, HORSE & VINTAGE RALLY, 6 & 7 June, Rotary Park, Echuca. Pioneer skills, craft, bush cooking, displays of early working steam & oil engines, tractors, vintage vehicles & Clydesdales. Enq: 03-5480-1115.

SYDNEY MIND BODY SPIRIT Festival, May 1 - 3, Sydney Exhibition Centre, Darling Harbour. Over 200 stands alternative health, spirituality, food. Enq: 02-9552-6833.

CRYSTAL WATERS PERMACULTURE Village, 'the motivating edge' conducts 1/2 day permaculture & community tours on the 1st and 3rd Saturday of every month. Contact James on: 07-5494-4721 for info, or write to: The motivating edge, Crystal Waters, MS 16, MALENY 4552. Booking is essential.

CLUBS

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

AFFILIATED DONKEY SOCIETIES Of Australia. For info on membership, magazines and help avail write to: Ralph Grinly, 18 Inverness Rd, SOUTH PENRITH, NSW 2750, and you will be contacted by the representative in your state.

PUBLICATIONS

'NIMBIN NEWS', is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

STEINER EDUCATION BOOKS. For school of homeschoolers. Write for titles list: Box 33, BRUNSWICK HEADS 2483, or fax: 066-804-314.

'GRASS ROOTS' MAGS, 50 to 109, \$100. Also *Earth Garden Mags*, 49 to 93, \$100. Ph: 07-3264-8508.

BOOKS. NEW AND OLD. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$15 (postage included) to Lyn O'Brien, C/- PO, BARMAH 3639.

'OWNER BUILDER' MAGAZINE. Building a home? *Owner Builder Magazine* gives Grassroots people inspiration, encouragement and downright sound technical information. *Owner Builder Magazine* is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 03-5468-1899.

'ALTERNATIVE PLANS AND PRODUCTS' 10th Edition Catalogue 1998. The new catalogue contains a comprehensive listing of books, booklets, plans and infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing plans, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle construction plans, home-based businesses, solar panel making, powered water pumps, water purification, biological building, chemical hazards, earth energy fields and geopathic stress, infrasound and vivaxus bands. Over 240 books, plans and infopacs in an A4 size stapled and bound book with order forms incl and free booklet for 1st orders over \$30. Other titles incl steam engine and methane gas generators, electric vehicle conversion plans, fuel cell construction, solar ovens and water heater plans, solar furnace, vortex tube plans, free energy machines, magnetic engines and generators. For your *Alternative Plans Catalogue*: Send \$5 cash or money order (within Australia only), overseas customers Aust \$10 cash or bank draft (payable at an Australian bank only) *Alternative Plans*, PO Box 487, ASHGROVE, QLD 4060, Australia. Or E-Mail alterpla@gil.com.au for your download of Catalogue stating Mac or Windows version required.

'BEST OF MATES' - Discover the joys of gardening, including herbs and their companions, growing your own fruit & veges, and much more with this illustrated A4 guide. Value at only \$14.95 incl p&p. Gremlin Graphics, PO Box 1192, Oxley 4075. Ph/fax: 07-3379-3353.

EARTHWORMS. Books and videos on all aspects of worm farming: for profit, gardening, bait, waste management. Free list from: WormWide Books, 20 Forest Ave (G), KINGSTON PARK 5049. Ph/fax: 08-8377-2668.

'NATURAL HEALTH', the magazine of the Natural Health Society. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 0247-215-068.

RECYCLE WITH EARTHWORMS - Red Wiggler connection. Book & video explaining how to deal with household waste using earthworms as compost workers. \$53 incl p&p. WormWide Books, 20 Forest Avenue, KINGSTON PARK 5049. Ph/fax: 08-8377-2668.

'LET'S HAVE HEALTHY DOGS' A guide to the natural rearing of dogs: Feeding, Breeding, A-Z treatments. Forty years experience. Hard cover, coloured and B/W photos. \$39.95. Helen Cramer, PO BOX 93, OYSTER BAY, NSW 2225. Ph: 02-9528-9951.

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'**EARTHLINK ECO-FRIENDLY** Products and Services' Directory is out now. For your copy send \$3 (incl p&h) to: PO Box 645, KENT TOWN, 5071 SA, or call 05-0053-2784, or surf www.earthlink.com.au.

'**HEALTH & HAPPINESS**', a practical book showing how Biblical guidelines for good health are still applicable today. Topics incl: natural remedies, nutrition, disease prevention, mental and spiritual wellbeing, family life. \$5 per copy (incl p&p). PO Box 27, ADELONG 2729.

BOOKS, OLD AND NEW. Send for general list. R Suters, PO Box 127, FIGTREE 2525.

'**NATIVE STINGLESS BEES**' for profit or pleasure - how to get started. Pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND 2754.

COMMON SENSE ETERNITY. Unsure of an omnipotent creator or a gigantic bang? Try the diagram of the centre of the evolution of an infinite sphere as the stunningly simple layperson-friendly reason of existence. \$13.50 inc postage within Australia. Send to: Kingston Academia, RMB 6184, STAWELL, Vic 3380, for your return mail copy.

CONTACTS

NEW SOUTH WALES

CARL R. please write to 'Peaceful'. GR address.

WOMAN, EARLY FORTIES, gay, n/s, caring affectionate nature, committed to honesty & personal growth. Fun loving, independent thinker with zany sense of humour. Interests: bushlife animals, outback travelling, folk, rock, classical music, social issues, solitude, quiet romantic evenings, close friends. Looking for strong woman of integrity, honest, open-minded with mad sense of humour. Fiona (GR126), C/- PO Box 117, SEYMOUR 3661.

AFFECTIONATE, GENUINE, nonmaterialist woman, 50, Central Tablelands. Likes craft, garden, animals, music, bush, books. Seeks kind caring, generous-spirited man. Age, race, finances, physical limitations irrelevant. Relocation open. Daisy (GR126), C/- PO Box 117, SEYMOUR 3661.

EUROPEAN GENTLEMAN, 39, settling down as B&B with permaculture environment, not far from a Qld beach. Loves: white sandy beaches with coconut trees, gardening, cooking, music travelling, romance, colours, architecture. Seeks an honest easy-going charming ad. Write (JR), (GR 126), C/- PO Box 117, SEYMOUR 3661.

SIXTY-ONE YEARS YOUNG WOMAN seeks gentleman. I enjoy classical music, animals, bushwalks, reading, permaculture etc. Would like to meet my soul mate. Write 2754 Lawrence Rd, MT WAVERLY 3149.

DEADLINES: GR 127 - APRIL 30TH
GR 128 - JUNE 30TH

LADY, 62, slim, 5ft, fruitarian, ordinary, loving, caring. Seeks meaningful friendship/perm companion. I would like to see some of Australia with a kind, honest man. I enjoy silence, nature, peaceful surroundings. PJ (GR 126), C/- PO Box 117, SEYMOUR 3661.

PROFESSIONAL LADY, COOMA, ACT area, would like to hear from a genuine, financially secure, well educated and balanced n/s man, late 40s to age 50, in good health, who understands human nature perfectly and still enjoys change. I like books, Australian history, restoring antiques, gardens, rain, mountains, travel, Irish music, movies/shows and dining out. I dislike loud people, noises and feral cats. Please write: CB (GR 126), C/- PO Box 117, SEYMOUR 3661.

FEMALE, 53, living on 5 ac in a beautiful area of nth NSW. Looking for a nonsmoking man to share it with, one who is interested in following a spiritual path. Wanting to work on communication sexual intimacy, joy & compassion - more love less fear. Please reply: Frances (GR126), C/- PO Box 117, SEYMOUR 3661.

GUY 29 CUTE 5'9" tall medium build, seeks girl any age similar build to be a friend and lover only to meet regularly. Brisbane or Sunshine Coast area. Write to: Stuart, PO Box 130, BLACKBURN 4306.

COUNTRY GENTLEMAN mid 40s, man of the arc firm - generous practical, active, have SOH. Self-muscular playing chromatic mouth organ & accordions. Reared around tropical jungle & is a conservationist, nature guide. Previous community working farming etc. Have large home of acreage to let. Wanting to travel, holidaying & settle down with compatible lady, age to match. P. Cor 070-4095-3469.

MALE 41 slim 5'4" brown hair, blue eyes, dark beard, body type. Tired of city materialism. Seeks other hairy males interested in nature environment, possible r/ship. Interested in remote area bohemian-like existence. Contact: James or 02-6251-3181.

LOVE OF LIFE the natural world & all its intricacies. Young 40s female, creative, artistic, loves to sing, dance & play music, going to National Folk Festival at Easter, independent water sign looking for man who identifies with above. Love of Life (GR126), C/- PO Box 117, SEYMOUR 3661.

MALE 35 love of the bush, seeks female companion SE Qld or nth NSW. Artistic, honest expression of emotions, likes music, bushwalks and spiritual progress. Amrit (GR126), C/- PO Box 117, SEYMOUR 3661.

CHRISTIAN SINGLE PROFESSIONAL woman 44 years n/s, n/d, quiet, sensitive, very fit. Interests: running, cycling, swimming (all sports healthy living). Seeks soul mate, active Christian man with similar interests, age 40s. Genuine replies only. Write: M (GR 126), C/- PO Box 117, SEYMOUR 3661.

WOMAN, 44, seeking financially secure man to share beautiful 2 1/2 ac near Border ranges Nat Pk, nth NSW with view to developing gallery/cafe. I am a classical homoeopath, fashion designer with interests in Tai-chi, self development, travelling, fun & being in tune with the natural forces. Please reply: JB (GR 126), C/- PO Box 117, SEYMOUR 3661.

PENSIONER, KEEN TRAVELLER, photographer, Polish descent, looking for female friend. Perth, tropic or subtropic area. PO Box 659, PORT DOUGLAS, Qld 4871.

PEACEFUL, INTELLIGENT WIDOW, many interests, seeks compatible affectionate male with SOH, integrity, to share GR lifestyle. Photo appreciated. Capricorn (GR126), C/- PO Box 117, SEYMOUR 3661.

PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 117, Seymour 3661 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

QUEENSLAND

TROPICAL LIFESTYLE, Sagittarian male. 52. 5'10", 78 kg, n/s, educated, articulate, travelled, considerate, honest, affectionate, spiritual. Enjoys cooking, theatre, dogs, beachcombing, environment, communicating, informality, reading, computers. Dislikes noise, aggression, cities. Seeking soul mate who identifies, share idyllic stress-free lifestyle. Perhaps share humble home metres from the Coral Sea. 'Paradise', PO Box 204, ROLLINGSTONE 4816. Email: www@beyond.net.au

GYMPIE, MALE. 34. shy, quiet, nonsmoker, nondrinker, enjoys gardening, horse riding, poultry. Am honest, loyal, intelligent and giving. Seeking nice single female with view to permanent relationship and family. Steve, Edwards Rd, WOOLLOOGA Qld 4570.

SINGLE MUM, 35, loves country living, animals, gardening, fishing, picnics, quiet life, nonreligious. Seeking fellow, good morals, similar interests, honest, unselfish. Photo please. Aquarian, PO Box 750, TEWANTIN 4565.

MALE, 45, 188 cm, 105 kg, not fat, very fit, n/d but smoker, lived on 30 ac, works 5 days a week in town as a painter. like to meet solid little lady, 35 to 45, for lifetime r/ship, a lady who loves the country alternative lifestyle. Write to: Bob, Lot 89 Fagans Rd. M/S 999, DALBY 4405, Qld. Or through the week only, mobile no: 0417-613-310.

MALE 50, fit, good humour, easy-going, own my farm & house. I am growing redclaw and barramundi at Tully. Seek a woman, 35 - 50 years old. Interests in fishing, farming & perm r/ship. PO Box 26, EURAMO 4854.

CONTACTS QUEENSLAND

SURVIVAL: After temporary collapse of physical health I need someone for 3 - 6 months of physical strength with mechanical & handy person skills, to help on property. Rainforest, alternative lifestyle. I am female, mid-fifties. Write: 'Survival' (GR 126) C/- PO Box 117, SEYMOUR 3661.

ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR.

We will re-address & forward it.

Don't forget to put the issue number on reply, i.e: Skye (GR 126)...

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PLACING AN AD?
See page 78 for details

VICTORIA

HAPPY HEALTHY AND PROTECTIVE man, 41, enjoys living on large hectare bush property in The Springs area. I am enthusiastic & would like to find someone attractive & perm to share in my interests & affections. Prefer female, 35-40. To reply write to: Robert, RMB 3293, HEPBURN SPRINGS 3461.

NORTHERN TERRITORY

GENTLE BUDDHIST WOMAN, 49yrs old, seeking male friend interested in forest regeneration and permaculture. Age open. Riverdove (GR 126), C/- PO Box 117, SEYMOUR 3661.

SOUTH AUSTRALIA

ENGLISH GUY, 51, in Tassie. May 1998 to start building house on n/east coast. Seeks eventual femme partner with good qualities & own interests. I am my own man, good fun & there when needed. David, (GR 126), C/- PO Box 117, SEYMOUR 3661.

SAGI WOMAN in search of down-to-earth woman, 25-35 yrs old, with no hang-ups, for friendship, possible r/ship. Enjoys good conversation, the outdoors, music, travel. Want to know more? Then write: Sue (GR 126), C/- PO Box 117, SEYMOUR 3661.

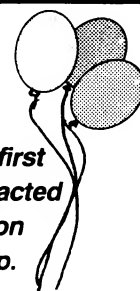
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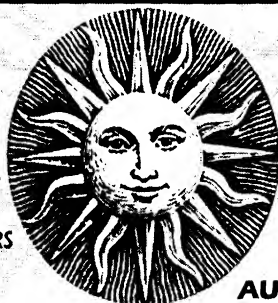
STOP PRESS

We're excited at having just heard from two of the people featured on the cover of the first ever issue of GR. Larry and Lynne Hills saw Megg's appeal in Gumnut Gossip and contacted us. We'd still like to hear from John, the third of the trio. Keep reading for an update on Lynne and Larry's lives in a future issue. Lot's more great readers stories coming up. We'd love to hear from you.



THE Good

THE NEWSLETTER FOR BOOK LOVERS



Life BOOK CLUB

ISSUE ONE

AUTUMN/WINTER 1998

- CHOOSE FROM 100 BOOKS
- WIN \$100 OF BOOKS

- BONUS GIFTS

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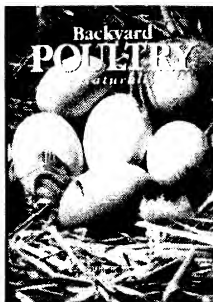
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'Simply Dried' - A Guide To Home Food Drying
\$8.50 + \$1 postage

QUICK-SPIN WOOL

Scoured and carded natural coloured and white wool tops. Plain dyed and blended shades of 22 merino merino blended with cashmere; angora rabbit, camel, kid mohair; alpaca; flax; kid mohair silk; kid mohair silk alpaca; alpaca/silk/camel/kid mohair.

All in delightful colour ranges. Quick to spin, economical, no waste and luxurious to wear.

Yarns for weaving, knitting, dyeing. Earth palette. Landscapes dyes for natural fibres.

Ashford wheels & products. Felting batts & tools.

Full sample range \$12 posted.



Quick-Spin Wool

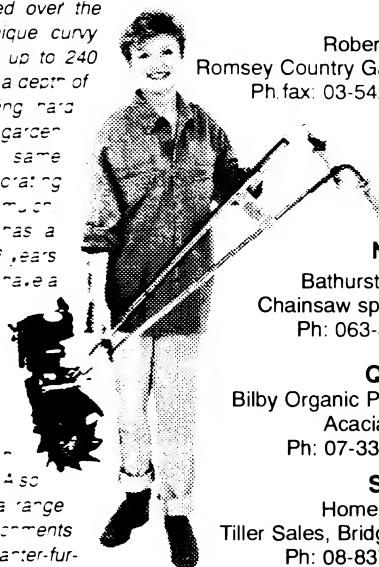
Dept GR, RMB 1215,
Shelford Rd, Meredith 3333.

Ph/fax: 03-5286-8224

THE MANTIS TILLER-CULTIVATOR

A small, light mechanical garden tiller, weighing less than 9 kg and powered by a two-stroke engine. It is powerful enough for the toughest soils, yet can be easily manoeuvred in the veggie patch or lifted over the beds. Its unique curvy

tines spin at up to 240 rpm, tilling to a depth of 25 cm, turning hard ground into garden and, at the same time, incorporating compost or mulch. The Mantis has a warranty of 2 years and the tines have a lifetime guarantee against breakage. RRP \$690 - cash (\$570 - cash tax exempt). Also available is a range of other attachments such as a planter-furrower and border-edger.



VIC

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Romsey Country Gardener,
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NSW

Bathurst Paint &
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Ph: 063-312-818

Qld

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